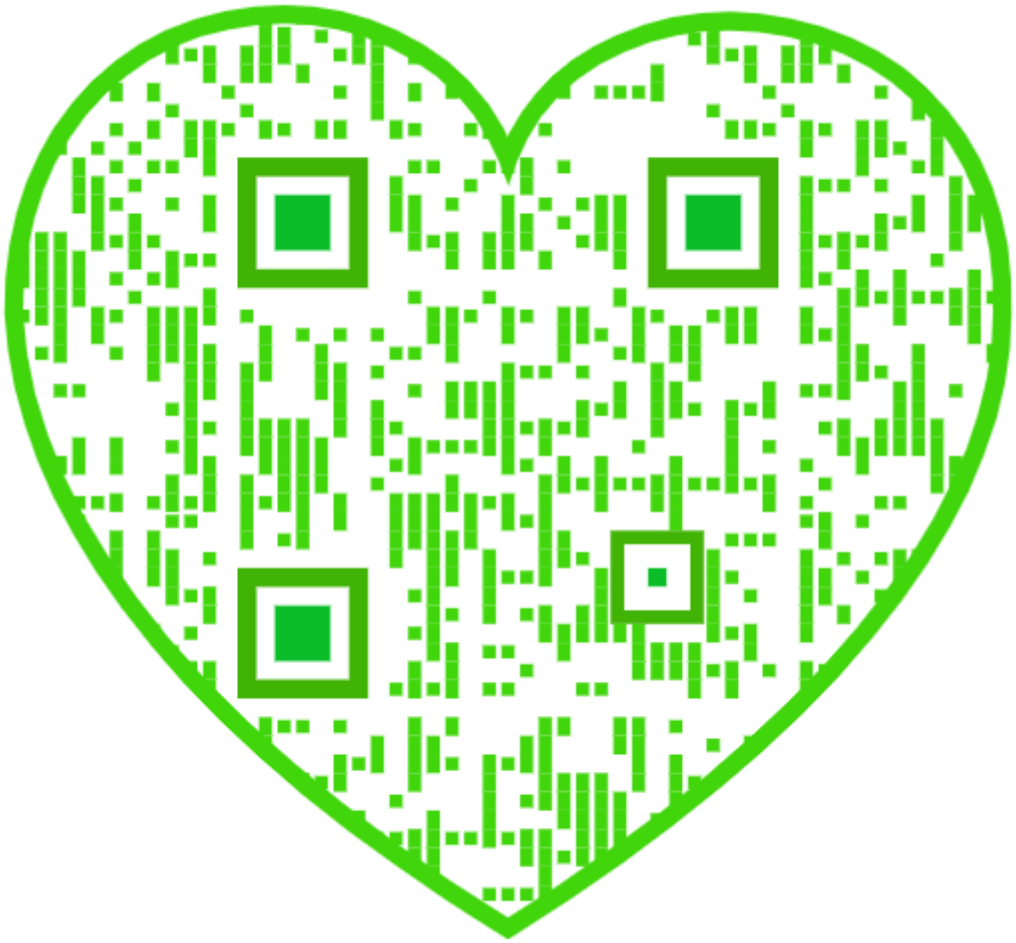
HOME SCIENCE COOK BOOK

MARY J. LINCOLN ANNA BARROWS



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THE

HOME SCIENCE COOK BOOK

BY

MARY J. LINCOLN AND ANNA BARROWS

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BY

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TO

MARY J. LINCOLN AND MARY BARROWS.

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Preface.

THE aim of this book is not to answer the question "what" as to choice of foods, nor "why" certain processes have been adopted as best suited to their preparation for the table, but it endeavors to tell "how" to put materials together to produce results pleasing to the eye and palate and nourishing to the body.

The choice of foods may be considered in another handbook, but this one is distinctly a cook-book.

Cook-books of the past contained recipes for coloring fabrics, healing diseases, for cleaning, for pickling and preserving, yet little by little these processes have become trades, and have departed or are gradually going from under the home roof, probably never to return. The art of cooking still remains, and since the introduction of the chafing-dish and the gas stove is receiving new attention.

This book is no rival to the larger cook-books, but presents much in little space, and suggests many short cuts for those who believe in simplifying life and for the busy people who have not time for elaborate processes. It will be most helpful to those who have taste and judgment in other matters, and are willing to use both brains and hands when cooking. Cleanness in every detail and "the application of good sense to the circumstances of the moment" are essentials in good cooking.

Proportions are frequently given instead of definite quantities, that a recipe may more readily be adapted to the needs of families of different sizes. Uniformly small quantities are used with special reference to families of two or three persons.

To save space and avoid repetition of the same process, a single recipe often is given with variations, instead of the many recipes found under one head in larger volumes. Hence the whole of any subject should be studied before undertaking any part of it.

Time and Temperature.

When thermometers come into general use as a kitchen appliance it may be possible to state how much heat any dish will bear and for how long. Under present conditions it seems better to show how we may know when a food is cooked instead of stating the exact number of minutes required. Most foods are better if subjected to moderate heat for a long time than to intense heat for a shorter period. Much also depends upon the shape and size of the article to be cooked and upon the variety and age of fruit or vegetable.

Weights and Measures.

All the measures used in this book are level unless otherwise specified. Flour is sifted before measuring, then sifted again with other ingredients.

When butter is bought in prints it is simpler to divide by ounces than by the tablespoon. Two ounces of butter is equivalent to one-fourth of a cup or to four level tablespoons.

Other measurements accord with those in general use.

Three teaspoons = one tablespoon.
Eight tablespoons = one-half cup.
Two cups = one pint.

To economize space the common termination "ful" has been omitted from spoon and cup, as common usage has dropped it from quart and peck.

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Breakfast.

Breakfast.

Many housekeepers would be happy to eliminate breakfast from the order of the day. To go without this meal has been something of a fad of late, and many who have tried this plan extol it highly, while others have returned to their former custom of a hearty meal in the morning.

Breakfast in well-to-do American households usually consists of several courses, — fruit, cereal, eggs, fish, or meat and potatoes, and warm bread, or griddle cakes, or doughnuts.

Whether this is served in courses, or all placed on the table at once, depends upon the service available and the family custom. If one pair of hands must prepare and serve the food, the variety of dishes is usually reduced, and many households would be better off for such reduction. Let the variety extend over successive days, but do not make breakfast as substantial as dinner.

Two or three well-made dishes will supply the needed food principles as well as a dozen compounds. Fat is required, but cream, butter, and bacon should not all be provided at a single meal to supply it. Starch is necessary, but it is not essential that we get it from cereals, potato, and bread at the same time. Protein we must have, but we do not need eggs, and chops, and fish, all served for a single breakfast.

Attractive table service counts for more at breakfast than at any other meal. Appetites are more

fickle than after vigorous exercise later in the day. "Made dishes," or composite foods, are less appetizing than when served at luncheon or dinner. A substantial cereal, a banana, and a glass of milk are sometimes a better preparation for the day than a more elaborate combination of foods.

Heavy meats, like steaks and chops, are seldom desirable; tripe, liver, and fish seem less substantial; the main dependence should be placed upon eggs, bacon, cold meats, or simple forms of reheating the remnants of a previous day's dinner.

Fruit, raw or cooked, is always desirable for the breakfast table, and in cold weather warm stewed fruits are undoubtedly most acceptable. Fruit might be substituted for potatoes occasionally as an accompaniment to meat.

Hot dishes and substantial foods are more acceptable in winter than during the summer. We should remember, also, that everything cools rapidly on a cold morning, and precautions should be taken by the use of warm plates and platters to keep the food in good condition.

The average breakfast, then, may consist of these types of food:

Fruits, fresh or cooked, according to quality and season.

Cereals, dry, hot, cold, or recooked like fried mush.

Breads, hot, cold, toasts, and griddle cakes.

Animal Food, eggs, and simple preparations of fish or meat.

Drinks, coffee, cocoa, cereal coffee, tea, milk, or water.

Fruit.

FRUIT is mainly water, but that is pure, and the solids are such as will aid in keeping the body in healthy condition.

Perfect fruit is always best served in its natural condition, without cooking and without any addition. But fruit of the highest order is not always obtainable, nor is fresh fruit always most economical or digestible, hence other modes of serving it must be devised.

The market fluctuates; a holiday, or a cold wave, or long rain, adds a few cents to the cost of even the common fruits, while a day or two earlier or later they may be proportionately lower in price.

A prudent housekeeper has a reserve supply for such occasions; when prices were low she bought a double quantity, and now serves stewed or baked fruits. She may even anticipate the season and bring out a jar of canned blueberries or blackberries just as the new crop appears in the markets. Such fruits if properly canned and well aired after being taken from the jar are almost as good as when first cooked.

When a quantity of berries is bought, the choicer specimens may be reserved to be eaten as they are.

Washing Berries.

One writer says of berries: "Do not ruin their flavor by washing them"; this may apply to those grown in our own gardens, but not to those which come from city markets. When we think of the many hands and the clouds of dust through which most fruit comes to us, the loss of a little flavor is the less evil.

There is a right and a wrong way of washing berries; they should not be left standing in a pan of water in a warm kitchen, nor be put in a colander and water poured through long enough for the sand on the top layer to be washed down through the whole mass. Gently put a few at a time in a pan of cold water. Shake out the clusters of currants, or hull strawberries, rinsing each as lifted from the water, and the sand will be removed and settle to the bottom of the pan. Raspberries must be handled very carefully, but blueberries and gooseberries will bear quite severe treatment.

Preparation.

In the preparation of fruits no utensils should be used that can discolor them or injure the flavor. Agate or graniteware, wooden or silver spoons and silver knives are best suited to this work.

There is much for Americans to learn from the French regarding their compotes or fruits preserved with little sugar, and made as needed. Too little care is given to the stewed fruits, and they are consequently despised. Indefinite quantities of fruit, sugar, and water are put together in a pan (perhaps a tin one), which is placed on the stove and left until it is convenient to remove it. There may be so little water that the mixture scorches, or so much that it would better pass for one of the German fruit soups; while sugar is used carelessly, and the compound is either unpalatably sour or sickishly sweet.

When cooked with acid fruits, sugar loses much of its sweetening power; therefore, it is more economical to add it after the cooked fruit has cooled. But most fruits keep their shape better if cooked in a thick sirup.

Watery fruits are improved by the addition of a little gelatin to thicken the juice after cooking. This is much to be preferred to an excess of sugar.

A tiny speck of salt may be used with good effect in most stewed fruits.

Only the larger and most perfect fruits should be baked whole.

Berries and small fruits are usually stewed rather than baked, but an "afternoon oven" may be turned to good account in cooking them. The fruit is put in a sirup, or with alternate layers of sugar, and is covered closely and left in the oven for several hours.

In general, moderate heat, more like the natural ripening process, is best for cooking fruits; shape and color are better preserved, and the natural flavor is not lost. Fruit juices, however, require little more than thorough scalding, provided they are afterward kept air-tight.

When it is not convenient to cook fruit as soon as might seem desirable, the preserving qualities of sugar may be utilized and the fruit left covered with it for several hours or over night. Then a part of the juice may be drained off and cooked by itself if desired for jelly. The remainder of the fruit will make an excellent jam.

It seems a pity to mash fine berries to get the juice for ice-cream, when so many are inferior in appearance, but are of good flavor, and would answer for juice alone. Often it is wiser to prepare two or more boxes at one time and select the best to serve whole, and use the smaller or imperfect ones for dishes in which the juice only is required.

Such juice has other possibilities besides ice-cream

and sherbets. It may be used to dilute the heavy cream before whipping for a filling for layer cakes or cream puffs, or for many gelatin desserts, or to cook with tapioca or rice, or as the basis of fruit soups.

While fine fruit is best for cooking as well as to serve raw, imperfect or half ripe fruit will be palatable and digestible when carefully cooked; if insipid, a slice or two of lemon, a bit of cinnamon bark, or a few cloves may be cooked in the sirup and removed afterward. Over-ripe or decayed fruit should never be used.

Some housekeepers find it easier to stock their shelves with rows of well-filled jars of fruit little by little rather than by wholesale canning. Thus it is easy to keep the table supplied with fresh-stewed fruit and at the same time fill a jar or two. The necessary directions for stewing fruits and canning and preserving are nearly identical. Prepare the fruit carefully, cook it slowly, but at sufficiently high temperature to destroy germs of decay — then keep them out by keeping the air out.

Often several varieties of fruit may be combined, as raspberries with currants, apples with pineapple, quince, or barberries. Fruits may be combined in salads without number, which serve equally well for the first course at luncheon or the last at dinner; and their juices, sweetened and chilled, or frozen, make an unlimited variety of refreshing desserts and beverages. Some of them are more satisfying when cooked with rice or cereal; but the rich combinations with eggs, or fat in pastry, are no improvement on the simpler ways, and take time and heat for their preparation.

Dried Fruits.

Dried fruits having parted with their natural juices in the drying process need to have this moisture restored before they are cooked. The most effectual way to do this is to let them soak in cold water, first, of course, picking them over carefully and washing them in lukewarm water to dislodge dirt and other foreign substances. The time for soaking will depend upon the dryness of the fruit, but sufficient water should be absorbed to fill out the skins to the natural outlines.

Such fruits should be cooked very slowly, and should be watched carefully and removed as soon as tender. The time will vary with the ripeness of the fruit before drying, and with its natural texture, and no positive rule can be given. Fruits that are very ripe before they are dried, or that have naturally a very soft texture, are much more difficult to keep in shape than those with a firm flesh, and sometimes need little or no cooking.

Baked Apples.

Wipe, put in a granite pan, and bake in moderate heat until tender. The time will vary with different varieties of apples. Or core and pare, fill the center with sugar, and put a little water in the dish. Dip up the sirup and pour over the apples while baking.

Stuffed Apples.

Pare and push out the core of six fine apples, put them in a baking pan, cover, and cook in the oven till tender, yet in perfect form; place each apple on a hot buttered slice of toast or shredded wheat biscuit, fill

cavity of apples with good mincemeat, cover the top with meringue made from one egg white and one tablespoon of powdered sugar; brown lightly in the oven and serve.

Apples Baked with Butter.

Cover the bottom of a granite pie plate with butter, and melt it. Lay in apples (which have been quartered, pared, and cored), enough to fill the dish. Sprinkle one-half cup of sugar over them and cook slowly in the oven till tender. Or make a sirup with two ounces of butter, one cup of sugar, and one-half cup of water, and baste whole apples with it as they are baking.

Jellied Apples.

Pare and scoop out the center of fine apples, set in a baking pan, put three seeded raisins or candied cherries in each cavity with one teaspoon of sugar. Bake covered till tender without losing shape, cool, place each apple carefully in a custard cup, fill the cup with liquid lemon or orange jelly; when quite firm turn out and surround with whipped cream.

Apple Sauce.

Pare and core apples, and put in a granite kettle with a little water. Cover closely and cook rapidly till soft, about ten minutes. Rub through a strainer and sweeten. If the apples are free from bruised or knurly places they need only mashing and will have a finer flavor than when sifted.

Compote of Apples.

Make a sirup with one cup each of sugar and water.

Flavor with a bit of lemon peel or cinnamon bark if the apples require it. Core and pare medium-sized apples, and cook them whole in the sirup, turning over occasionally. When soft, drain, and fill the centers with a bright red jelly, or with chopped nuts and raisins. After filling sprinkle with sugar and glaze by putting in the oven for a few moments.

Baked Apple Sauce.

Put quarters of pared and cored apples in a deep earthen jar. Sprinkle with sugar, add a little water, cover closely, and bake for several hours. The quarters will keep their shape and be a rich red in color.

Molasses may be used in place of sugar and water.

Fried Apples.

Core apples without paring, and cut crosswise in half-inch slices. Roll in flour if very juicy. Fry or bake with pork chops or with sausages. Or dip in melted sausage fat, put in a shallow pan, and toast one side, and then turn and brown the other under the gas broiler.

Apricots.

This fruit may be substituted for peaches in many cases. When fresh they may be cooked whole, or cut in halves and stewed in a sirup. Some of the pits of the stone cooked with the fruit give more flavor.

Dried Apricots.

When evaporated the apricots often must be soaked for an hour before they can be washed clean. Then cover with cold water and soak twenty-four hours. The apricots will take up water equal to their original

weight. Cook gently until plump and tender, and add sugar after taking from the stove.

Apricot Sirup.

Rub stewed dry apricots through a strainer, adding more water as required. Scald and add one-fourth cup of sugar for each cup of sirup. Use with griddle cakes or boiled rice.

Baked Bananas.

Fill a shallow baking dish with bananas, peeled and cut in halves, lengthwise and crosswise. Allow one level tablespoon of sugar, one teaspoon of melted butter, a few grains of salt, one teaspoon of lemon juice, and two tablespoons of water to each banana.

Baste frequently with the sirup, and bake slowly half an hour, or till bananas are red and sirup thick. Serve hot.

Fried Bananas.

Peel and scrape small firm bananas. Roll in crumbs, beaten eggs, and crumbs again; put in a wire basket, and fry in deep fat for about three minutes. Serve with meat in place of potatoes. Or they may be simply sautéd in a little hot butter.

Blackberries.

These require but little sugar. If stewed too long the seeds become bitter.

Blueberries.

Pick over and wash the berries. Put one cup of water in the kettle for each quart of berries. Cook rapidly till every berry is burst. When cool add from one-fourth to one-half cup of sugar for each quart.

Cherries.

Remove part or all of the stones if possible. This fruit stews quickly and requires considerable sugar.

Jellied Cranberries.

Pick over and wash one quart of cranberries. Put in a granite kettle with one pint of sugar and one cup of water. Cover till they begin to boil, then with a wooden spoon press the uncooked berries under the sirup. When all have burst pour into earthen molds. When cold the fruit will be jellied, and can be turned from the mold.

Strained Cranberry Jelly.

Cook one quart of cranberries with one pint of water till all are burst, about ten minutes. Rub through a strainer fine enough to retain the seeds. Add one pint of sugar and cook ten minutes longer. Put in molds and chill.

Currants.

Dip fine clusters of currants in beaten white of egg, then in powdered sugar.

Half ripe currants may be stewed like cranberries.

Strained currant juice, sweetened, combines well with sliced bananas.

Dates.

Wash each date separately, put on a plate, place in a steamer, and cook for fifteen minutes.

Dates may be stewed, sifted, and used much like pumpkin and squash.

Stewed Figs.

Use the whole figs which come in bags and have

not been pressed in packing enough to break them. Rinse and soak them in cold water, and pull them into shape; then put them in a steamer or into a stew-pan, add a very little water, and let them steam an hour, or until very soft. Remove them from the pan, boil the sirup till thick, strain, pour it over the figs. Serve with whipped cream.

Gooseberries.

Remove stems and blossom ends; wash and stew with a little water. Then add half as much sugar as fruit or enough to make them palatable.

Grapes Spiced.

Remove skins, stew pulp, strain out seeds, and put pulp and skins together. Add half the weight of the fruit in sugar. Tie a few cloves, allspice, and bits of cassia in a cloth and cook with the fruit for about half an hour.

Grapefruit.

Cut across in halves and cut out a portion of the center, removing pith and seeds. The pulp may then be eaten with a spoon without difficulty and with or without sugar as preferred.

Lemons and Limes.

These are mainly used for beverages and for flavoring other foods.

Melons.

Cantaloup should be cut in halves across, and have the seeds removed. A lump of ice is often put in each section, but it is better to chill them without diluting the juice.

A sprinkle of sugar or salt will improve a tasteless melon.

Watermelon should be chilled for ten or twelve hours before serving. Cut across and cut enough from either end to make the sections stand firmly.

Scoop out the pink pulp in cone shapes with a spoon.

Orange Cups.

Cut oranges in halves, and with a spoon scoop out the pulp and juice, then scrape out the white membrane, and set the cups in a pan of ice. Cut Malaga grapes in halves and remove the seeds. If the skins are tough, peel them before cutting. Have equal parts of grapes and banana, cut in small pieces. Add the juice of one lemon to the juice of three oranges, and sweeten it. Add also a dash of salt. Fill the orange cups with the mixture of fruits, pour the sweetened juice over the fruit, and put a spoonful of thick whipped cream on top. Serve very cold.

Peaches.

If to be served fresh, pare and slice them just before serving, and sprinkle with powdered sugar. They are not improved by standing, and few fruits discolor so quickly on exposure to the air. If ripe and very juicy, pare and halve them, fill the cavity with sugar, and cover with whipped cream.

Pears.

Bake whole or stew like apples.

Pineapples.

Remove every particle of skin. With a strong fork pull the pulp away from the core. Sprinkle with sugar, and leave for some hours before serving.

Plums.

Prick with a fork or needle to prevent the skin bursting. Stew gently. Add sugar as desired.

Prunes.

Pick over, wash in tepid water, and soak in cold water till plump, from twelve to twenty-four hours. Heat gradually in the water in which they were soaked, and cook slowly, closely covered, till the skins are soft, letting the water cook away till sirup is thick. Except in some of the most acid varieties no sugar is needed. Many prunes are so rich in sugar that a little lemon juice is an improvement.

Stuffed Prunes.

Steam large prunes till tender, but not too soft; remove stones and stuff with nuts and dates or raisins chopped fine. Roll in sugar. These are improved by keeping for several days.

Quinces.

Wipe, core, put in a pan and half cover with water. Bake in a quick oven, add sugar when nearly done, and eat hot with butter. Or stew like any hard apples.

Raisins.

Wash, soak, and stew like other dried fruits. Or while cooking add an equal quantity of sliced apple, soaked dried apple, cranberries, or apricots. When using raisins that lack flavor stew in grape juice.

Previous soaking and cooking improves raisins for puddings and pies.

Raspberries.

Equal quantities of currants and raspberries cooked

together are an excellent combination for canning or immediate use.

Rhubarb or Pie Plant.

Wash, peel the flat side of the stalk, and cut in half-inch slices. The tender pink varieties need no peeling, and the sauce has a finer color if the skin is not removed. Put in an agate kettle with an equal weight, or half as much sugar by measure. Leave several hours till the sugar is nearly dissolved. There will be juice enough without adding water.

Stew or bake until the stalks are soft.

Strawberries.

Wash and hull just before serving if possible. Large perfect berries are served with stems on and simply rolled in powdered sugar.

For ice-cream, etc., mash, sprinkle with sugar, and press the juice through a cloth.

Tutti Frutti.

There are many combinations of different fruits which may be served as a fruit cocktail in small glasses as a relish for breakfast or luncheon, or used as a garnish for some custard or cereal pudding, or as the filling for a shortcake.

It is hardly possible to combine fruits in such a way that they are unpalatable, but these proportions are especially satisfactory.

Make a sirup with the juice of a large lemon and one cup of sugar; when cool mix with the pulp of two oranges and four bananas cut in bits. A cup of grated pineapple may be substituted for the oranges.

Cereals.

CEREALS are from two-thirds to three-fourths starch, and the balance consists of protein, fat, water, mineral matter, and woody fiber. Since cereals absorb several times their bulk of water while cooking and milk is usually eaten with them, the result is a food which is about three-fourths water. Analyses of oatmeal and corn-meal generally show a slightly larger proportion of fat than is found in wheat; hence, those grains should be used more freely in winter than in summer, while wheat and rice are better for warm weather.

The great variety of prepared cereals displayed in our grocery stores indicates the favor in which they are held. Through the ingenuity of the millers, barley, corn, oats, rice, rye, and wheat are prepared in many different forms.

It is not wise to try to gratify the notions of different members of a family for the various cereals every morning. What a procession of double boilers would be required! Rather have some rotation through the different days of the week. With the great variety of prepared grains in the market it is quite possible to have a different one every morning for a fortnight.

The utensils to be chosen for cooking mushes require some attention. Not only are the cereals to be combined with water, but usually are to be cooked over water. When a double boiler is not available, a tin pail can be used if placed on a trivet to raise it from the bottom of the kettle of water. Another way

is to place the dish containing the cereal, salt, and a little less than the usual quantity of boiling water in a steamer and cook till tender.

From a shallow dish, even if covered, there is more evaporation than from a deep one, but a large quantity of cereal cooked in a deep dish will pack down so solidly that the lower part may be stiff and unpalatable.

Hominy, cracked wheat, and the coarser grains must be picked over before cooking, and are not harmed by washing and soaking. The finer forms may be sifted, for all grains are liable to invasions by insects. All the prepared cereals are better if cooked for a longer time than the usual printed directions indicate. Double the time given on most packages is none too long to make the grains wholesome and palatable. It is hardly possible to cook any grain too long. Coarse oatmeal and cracked wheat should be cooked several hours the previous day to be fit for breakfast.

It is important to start with the right proportion of water in making mushes, for the sticky consistency of the cooked grains makes it difficult to add more after the process is begun, and it is not easy to dispose of any if too much is used at first. The proper quantity of water depends upon the nature of the grain, the size of its particles, and upon the dish in which it is cooked.

The object in cooking cereals is to provide for the absorption of water and the thorough cooking of the starch. The larger and drier the grain, the more time is required to accomplish these results. Whole grains are improved by soaking in cold water. To prevent the formation of lumps, finely ground prepara-

tions may be mixed with cold water first. All others should be put into boiling water.

Ordinary oatmeal needs four times its bulk of water, cracked wheat, a little more. The rolled grains require but twice their bulk. Being crushed they expose much more surface to the action of the water and heat, and therefore may be cooked more quickly than the cracked oats.

Granulated wheat preparations (and their name is legion) will need about four times as much water as cereal, and must be mixed carefully to avoid lumps. Corn-meal likewise requires three or four times its bulk of water, and should be cooked for hours to be palatable and digestible. Use one teaspoon of salt to each quart of water. Have the water boiling hot, add the cereal gradually, letting the mixture cook rapidly for a few minutes. Then place over boiling water to cook slowly for a long time, covered and without stirring.

Rice can be cooked in a large quantity of water and drained, which leaves the grains separate and distinct, but this is wasteful unless the water is used in thickening a soup.

Of the several cereals already cooked, which may be served directly from the package or after slightly heating, nothing need be said here, except that they are convenient for emergencies and seem well adapted to the use of some individuals who cannot enjoy other preparations.

Cereals are sometimes cooked, in strained fruit juice, in milk, or in soup stock when it is desirable to give variety or increase the nutriment. Fruit may be cooked with the grains; raisins, dates, and apples are best suited for this purpose.

Fresh or cooked fruits are excellent accompaniments to the breakfast cereals.

For hot weather cereals are often more attractive served cold. They should be cooked the previous day and molded in individual or fancy shapes. Even if served hot a moderately stiff mush will take the shape of a mold if it can stand there for fifteen minutes before being turned out to serve.

Mush Balls.

Season one pint of mush left from breakfast with more salt, if needed, a dash of pepper, and a few drops of onion juice. Shape in small balls, dip in melted fat, and bake in a hot oven. Or roll in egg and crumbs and brown in hot fat. Serve in place of potato.

Apple Farina.

Into one pint of boiling water, salted, stir one-quarter cup of farina. As soon as thickened slice in two good sized apples, and cook for one-half hour or till the apples are soft. This may be molded and served with whipped cream as a dessert.

Barley a la Strassburg.

Pour boiling water over half a cup of pearl barley, and drain dry. Melt one tablespoon of butter in a stew-pan; add the barley, and let it cook until slightly browned and it has absorbed the butter. Then add one quart of thin stock and let it boil until tender and dry. Season with salt, and serve as a vegetable.

Hulled Corn.

Boil the whole kernels of yellow corn in soda water or lye from wood-ashes till the hulls loosen. Allow

one tablespoon of soda for each quart of corn. Then wash in cold water, rubbing off the hulls. Boil the corn till tender, changing the water once or twice at first.

Few care to take this trouble, since the corn already hulled can be purchased in most large towns.

Hominy.

Pick over, wash, and soak over night in an equal measure of cold water. Stir into a double measure of rapidly boiling salted water, and cook for ten minutes; then put into a steamer and steam for several hours.

Hominy Cakes.

Break up one cup of cold cooked hominy with a fork, and beat in one egg and one tablespoon of melted butter. Fry like griddle cakes.

Corn Mush or Hasty Pudding.

Mix one cup of corn-meal with one cup of cold water and stir into one pint of salted boiling water. If the meal is very coarse add a small quantity of white flour to make a smoother mass for slicing. When thick place in a steamer and cook for several hours. A cup of corn-meal (costing one cent) cooked for several hours will fill a brick-loaf bread pan with mush. The pan should first be rinsed with cold water and the surface of the mush afterward smoothed with cold water. When cold this is a solid mass ready to cut in slices and fry. Other cereals may be prepared in the same way. Baking powder cans may be used for molds.

Fried Mush.

Dip each slice in flour and cook in salt pork fat in a

frying-pan, or dip in melted fat and broil under the gas flame.

Boiled Rice.

Pick over and wash one cup of rice, put into two quarts or more of rapidly boiling salted water. Stir at first to prevent any grains from sticking to the bottom of the kettle. Let it boil fast for twenty minutes or more until tender. Then drain thoroughly and serve plain, or use for croquettes, timbales, etc. One cup of raw rice will, when cooked, nearly fill a quart measure.

Spanish Rice.

Fry half a cup of rice in a little butter until it turns a light brown. Then pour on nearly one quart of boiling water and boil the rice until soft. Fry two large onions, four large tomatoes, and three green peppers until soft. Add this to the boiled rice just before serving. Add salt if necessary, and serve hot.

Turkish Rice or Pilau.

Wash one cup of rice, and put in upper part of double boiler with three cups of stock and strained tomato. Cook rapidly directly over the fire for ten minutes; then place over water and cook till the rice is tender. Season with butter, onion juice, salt, and pepper. Serve with stewed lamb or chicken.

Rice Timbales.

Pick over and wash one cup of rice and boil in a large quantity of salted water until nearly tender. Drain thoroughly and put in a double boiler with one cup of tomato or curry sauce. Let it cook gently till

the sauce is absorbed, ten to twenty minutes, then pack in timbale molds and keep in a warm place until ready to serve. Turn out around a platter of meat.

Rice Surprise.

Boil one cup of rice in two quarts of boiling water till tender, drain, and while warm line a mold. Fill with one pint of cold meat well seasoned and moistened with one cup of tomato sauce, or with one cup of soup stock mixed with one beaten egg. Cover with the rice and steam or bake in a pan of water for about forty minutes. Turn from the mold and serve with tomato sauce.

Sweet Rice.

Boil one cup of rice in three pints of water until every grain is dissolved and the water displaced by thick paste of rice. Stir into it one cup of sugar, rind of one lemon, and one teaspoon of salt. Beat one-half cup of cream to a stiff froth and stir it into the rice. Then mix in one-half cup of preserve juice, which should be a bright color. Put into molds.

Rice Croquettes.

Steam one cup of well-washed rice in one pint of boiling water, or milk and water, until very soft. Add, while hot, one teaspoon of butter, the well-beaten yolk of one egg, and a little hot milk if it needs more moisture. When cool, shape into small ovals, roll in crumbs, dip in egg, roll in crumbs again, and fry. Or, after shaping, press the thumb into the center of each, and put in two boiled raisins or candied cherries, or half a teaspoon of jelly. Close the rice over the center, roll in crumbs, dip in egg, roll in crumbs again, and fry.

Bread.

WARM bread for breakfast is an American custom to which much dyspepsia has been attributed. Such breakfast breads, if carefully mixed and thoroughly baked, should not injure persons in good health.

With a gas stove, well baked hot bread can be on the breakfast table in half an hour after the cook enters the kitchen.

Since modern yeast cakes have made the rising of bread over night unnecessary, perhaps fewer raised rolls and muffins are served at the morning meal. The second rising of such breads makes their preparation a long process.

All types of bread are considered together here. They are divided into groups according to the means by which they are made light, or full of air, yeast, soda with acids, and egg or beating.

Yeast Doughs.

Yeast, liquid, and flour are the essential ingredients in bread-making, and the proportions may be varied according to conditions.

Sugar, shortening, and salt are used in varying proportions, but even if they were omitted altogether it would be possible to have wholesome, palatable bread.

Few households still depend on home-made yeast. The dry yeast cakes are useful in isolated communities and in emergencies. In cities and large towns the main dependence is the compressed yeast cake. Its general appearance should be something like fresh cheese, firm and solid, not soft and pasty, nor dark

colored and moldy. When only part of a yeast cake is used, if it is cut off squarely the remainder may be wrapped smoothly in the tin foil again and kept a little longer.

It seems to be an open question whether it is more desirable to use a small portion of yeast and allow the dough to rise for a longer time, or a larger portion of yeast and thus do the work more quickly. Until the scientists work out this question for us the housekeeper will find it convenient to vary the quantity of yeast according to conditions.

The three important points to consider are the time, temperature, and quantity of yeast; where one must be diminished, the others should be increased.

Fermentation is hindered by the presence of salt, but hastened by a small quantity of sugar.

A large amount of sugar makes the dough so dense that the yeast cannot expand readily. An excess of shortening or an undue quantity of flour has much the same effect.

The liquid may be milk or water, or half of each. The milk supplies small quantities of sugar and fat and nitrogenous matter, and presumably produces a more nourishing loaf than that which is made with water. Skimmed milk can be turned to good account for this purpose.

It is desirable to have the liquid warm that the dough may rise more rapidly, and that the fat, sugar, and salt may readily blend with the other ingredients. When the liquid is cool enough so there is no danger of cooking the yeast (below 100° F.), that is added and thoroughly mixed through the liquid, and next sufficient flour is worked in to give the desired consistency.

Bread flour differs from pastry flour by containing a larger proportion of gluten, though both are chiefly starch. The nutritive value of a flour depends largely upon the amount of gluten or nitrogenous matter which it contains. Because of the presence of gluten, wheat furnishes the best flour for yeast doughs. When moistened, the gluten is adhesive and thus retains the gas bubbles formed by the yeast in much the same way that egg whites, when they are beaten, gather in air.

There is such variation in flours that it is impossible to give exact recipes for doughs, but it is easy to learn certain general proportions, and experience must teach the rest. Seven-eighths of a measure of bread flour will make a dough as stiff as a full measure of pastry flour. A simple formula will be helpful in interpreting recipes where the exact quantities of flour or liquid are not stated.

One measure of flour to one of liquid makes a batter.

Two measures of flour to one of liquid gives the usual muffin mixture.

Three measures of flour to one of liquid makes a soft dough, but one that may be kneaded.

Four measures of flour to one of liquid is the usual proportion for doughs to be rolled thin like pastry or cookies.

Batters and muffins can be stirred with a spoon. Doughs are mixed more thoroughly and easily with a knife.

The process of mixing bread shows in the softer stages the batter, and drop batter, or muffin mixture. A "sponge" is about half-way between those

stages. Half the quantity of flour to be used is mixed with the liquid and this is allowed to rise till foamy, when the remainder of the flour is added. The advantage of this division is that a little less flour is required, since the first has time and room to swell before the second is put in. The process is somewhat shortened, because in the first stage there is less resistance for the yeast to overcome, and the whole sponge becomes yeast for the second stage.

Many old recipes for mixing bread give directions for rubbing shortening into the required quantity of flour and then adding the other ingredients and sufficient liquid to make a dough that can be kneaded. This is at best a long and awkward process, and nothing is gained by it in yeast doughs when the liquid should be warm and can be used to melt the fat. Except in raised cakes, little or no fat is required in yeast doughs.

It is customary to knead dough when first mixed just enough to be certain that all ingredients are thoroughly blended. Then it is put back in the bowl (earthenware gives the dough a more even temperature than tin) and covered while it is rising. Sometimes the uncovered dish is placed in a bread raiser, where it will be surrounded by moist warm air, or the surface of the dough is brushed over with melted fat. These precautions aid in preventing the formation of a dry crust caused by the evaporation of the water on the surface during the process of rising. Where the bread raiser is not possible, the bowl containing the dough may be set in a pan of warm water which is changed to keep an even temperature. If the dough must stand over night in a cool kitchen, the bowl is fre-

quently wrapped in a blanket to prevent the escape of heat.

Time is often wasted in kneading dough, though it seems to be agreed that some kneading gives a better texture to the bread.

After the dough has doubled in bulk it must be shaped for baking and should be kneaded enough to bring it into good shape and to redistribute the air bubbles which have run together and formed larger ones. No flour should be added at this stage, for much time is required to work in a little flour at this point. It is better to dip the fingers in melted fat if the dough inclines to stick, or milk may be used instead of the butter. First make smooth, round balls, then by gentle rolling and pressure the finger roll may be made, then continue the rolling till the strips can be twisted, or serve as sticks for soup.

When rolls are to be cut out and folded, it is unnecessary to knead the dough, for the pressure of the rolling pin will equalize the air bubbles. Instead of making the dough for rolls rich with butter or lard, it is wiser to brush over the outside of the rolls with melted fat when they are put in the pan.

The dough must be allowed to again double in bulk and then it is ready to bake.

For fancy breads make a sponge first, and let the mixture rise three times. For bread add all the flour at once, knead slightly, and let rise till double in bulk.

The baking of bread is an important part in its manufacture. In general, yeast doughs having risen before being put in the oven will bear a higher degree of heat at first than other doughs. Large loaves require a more moderate oven than rolls, in order that

the heat may penetrate evenly, but they must remain a sufficient time to raise the center of the loaf to a degree of heat that will insure the destruction of the yeast. A moderate temperature often will allow the dough to continue rising and sour in the oven. Even in practical every-day cookery it is essential to remember that yeast must be treated like other forms of plant life. When we want a seed to grow we must provide suitable temperature, the right kind of soil, and sufficient moisture. After the work of the yeast is done, and a puffy mass of dough is the result, the vitality of the yeast must be entirely destroyed by great heat.

Bread — One Loaf.

One cup of milk, or half milk, half water, one-half teaspoon each of salt and sugar, from one-fourth to one whole yeast cake, according to time, softened in water, and about three cups of bread flour. Mix thoroughly and knead into a smooth dough. Let rise till double, shape, put in pan, rise again, and bake. If preferred, this quantity may be shaped into a dozen or a dozen and a half rolls.

Water Bread, with Dry Yeast.

At noon, soften a dry yeast cake in a cup of warm water and stir in a cup or more of flour, cover, and leave in a warm place till night, when it will be light. In the bread pan put a quart of warm water, two teaspoons of salt, two tablespoons of sugar, and two of butter, the cup of yeast, and enough flour, white or brown, to knead — about three quarts.

In the morning, divide the dough into loaves and rolls, put in pans to rise again, and bake.

Entire Wheat Bread.

Scald one cup of milk and melt in it one teaspoon of butter and half a teaspoon each of sugar and salt. When cool, add half a cake of compressed yeast, softened in one-fourth cup of lukewarm water. Stir in flour to make a dough stiff enough to keep its shape — between two and three cups. Stir and cut it thoroughly with a broad-bladed knife, but do not knead it until after it has risen to double its bulk and ready to be shaped into a long, small roll for baking. Do not bake it in a large, thick loaf. Let the roll rise until light and double in size and bake in a hot oven about half an hour. Mix in the morning, and it will be risen and baked before dinner.

Entire Wheat Bread with White Sponge.

Graham or rye bread can be made in the same way.

One cup of warm milk, one-half teaspoon each of salt and sugar, one-half yeast cake, softened in one-fourth cup of water. Mix with one and one-half cups of white flour. Let this rise until light, and then stir in enough whole wheat flour to make a dough that could be kneaded. Let it rise again till double in bulk. Then shape into a loaf, rise, and bake.

One-fourth cup of molasses may be mixed with the light sponge when the whole wheat flour is added.

Oatmeal Biscuit or Bread.

One cup of rolled oats, one tablespoon of lard, and a little salt. Pour on two cups of boiling water. Let it stand till lukewarm; then add one-half cup of molasses and one yeast cake, and flour enough to mold. Let it rise, then shape, rise again and bake.

Rolls.

In a bowl put one tablespoon of butter or lard, one tablespoon of sugar, one teaspoon of salt, and one pint of scalding hot milk. When cool, if to rise over night, add one-quarter yeast cake, softened in a little water, and three cups of flour. In the morning, or when light, add to this sponge about three cups more of flour, or enough to knead. Let rise till double in bulk. Then shape, put in pans, rise again, and bake.

Crumpets or English Muffins.

Mix like rolls without adding the second lot of flour. Bake in muffin rings on a hot griddle, and turn when half done. The muffins may be made a little stiffer and be shaped with the hands.

Raised Muffins.

Mix and rise like rolls without adding flour the second time. When light add two or three eggs, yolks and whites beaten separately. Bake in gem or muffin pans.

Quick Bread.

Use the same proportions as for rolls, but increase the quantity of yeast, using two or three cakes. Thus it may be made and baked in two hours.

Bread Sticks.

Use well-risen yeast dough, that which is made with milk preferred. Shape in small balls, then roll into sticks a foot long. Do not let them touch each other in the pan while rising. Bake till crisp.

Swedish Rolls.

Take enough dough to make one small loaf, roll one-

quarter of an inch thick, spread with two tablespoons of soft butter, sprinkle with one-fourth cup of sugar mixed with one saltspoon of cinnamon and a few currants or raisins. Roll like jelly cake, cut in one-half inch slices, lay flat in a pan, rise till double in size, and bake.

Mush Muffins.

One cup of milk, scalded, one cup of hominy, oatmeal, or other cooked cereal, one teaspoon of butter, one tablespoon of sugar, one-half teaspoon of salt, one-quarter of a yeast cake, about one pint of flour. Mix thoroughly, let rise over night, or till very light, then beat well, put in gem pans. Let them rise till double in bulk, and then bake for about one-half hour.

Squash or Potato Rolls.

One cup of scalded milk, one tablespoon of butter, one or two tablespoons of sugar, one-half teaspoon of salt, one cup of sifted squash or sweet or white potato, one-fourth to one-half yeast cake. Mix with three to four cups of flour, or till stiff enough to knead. When smooth let it rise till double, then shape, rise, and bake like ordinary rolls. Or less flour may be used and the mixture baked in muffin pans.

Fried Rolls.

Use a plain milk dough or the zwieback mixture. When light cut out with a spoon, drop into hot fat, and cook until brown. Or shape the rolls more regularly and leave them on the board till light enough to fry.

Buns or Raised Doughnuts.

Mix together one ounce of butter, one-quarter cup

of sugar, one-half teaspoon of salt, one cup of scalded milk, one-quarter to one yeast cake (according to time), and one pint of flour. Let rise till double in bulk.

Add one-half cup of sugar mixed with one-quarter teaspoon of spice, one-quarter cup of fruit, and nearly one pint of flour. Knead well, let rise again, shape, put in pans, let rise, and bake.

Omitting the fruit and adding one egg, the same dough may be used for raised doughnuts.

Zwieback.

Scald one cup of milk; when lukewarm dissolve in it one yeast cake, half a teaspoon of salt, and flour enough to make a soft dough. Let it rise until light; then stir in one quarter cup of melted butter, one-quarter cup of sugar, and one egg unbeaten.

Mix thoroughly and add enough more flour to shape it into a loaf. Let it rise in the pan until very light, then bake in a quick oven, and when nearly done brush over with sugar dissolved in milk. When cold cut in one-half-inch thick slices and let them color and dry in a moderate oven.

German Coffee Bread.

Cream two-thirds cup of white sugar, one egg, and two ounces of butter. Work into this one pint of light dough, such as is ready to mold into loaves. The secret of success is in the thorough mixing. The result must be a creamy, smooth batter, only to be had by beating. Pour into a shallow buttered cake pan. Let rise again. Sift sugar and cinnamon over the top. Bake twenty minutes and eat warm.

Cheese Rolls.

Into light bread dough work a tablespoon of butter. Make into round cakes with a biscuit cutter. Spread grated cheese over the tops freely; double and bake when very light again. These are particularly nice when small and crisp, and served with salad.

Raised Dumplings for Stews.

Bread dough made with shortening and well risen may be cut in small shapes and cooked with a meat stew for dumplings. Let them rise a little while after shaping, put into the boiling stew, cover closely, and cook fifteen minutes.

Fried Bread Sticks.

These are made by shaping the raised bread dough into small pipe-stem rolls. After they have risen again till very light, drop them into hot fat and cook till brown.

Raised Griddle Cakes.

Mix one cup of warm milk, one tablespoon of butter, one teaspoon of sugar, one half teaspoon of salt, one-fourth yeast cake, and one cup of flour. Let it rise over night; in the morning add one egg, yolk and white beaten separately.

Buckwheat flour, or half corn-meal and half white flour, may be used in the same way.

Quick Doughs.

General Directions for Mixing.

Arrange fire and dishes for cooking, measure everything before mixing any, sift dry materials, add liquids, mix thoroughly, and cook immediately.

Two or three even teaspoons of baking powder usually are equal in leavening force to one rounding teaspoon of cream of tartar and one-half level teaspoon of soda, or to one-half teaspoon of soda when used with one cup of sour milk or one cup of molasses, and changes in recipes may be made accordingly.

The use of sour milk has been condemned because of the tendency to use an excess of soda with it. But thick, sour milk is not so variable in acidity after all, and the use of one even teaspoon of soda with each pint of such milk is safe and satisfactory. Soda is cheap and sour milk is also, while cream of tartar and baking powder are expensive, so those whose income is limited do well to master this process.

For the convenience of the average family the following recipes all have a pint of flour or meal as their basis. Smaller or larger quantities are easily made.

Once the general proportions and the office of each ingredient are learned, it is easy to make many variations. The process of mixing is practically the same in all cases. The ingredients are mentioned in the order in which they are to be put together. The flour is sifted before measuring and sifted again to mix the other materials with it.

Butter, beef drippings, or other fats may be used according to the appropriation for expenses.

Biscuit.

Sift together one pint of flour, three teaspoons of baking powder, one-half teaspoon of salt. Rub one tablespoon of shortening into the flour. Mix as soft as can be handled with two-thirds cup of milk or water. Roll, cut, and bake.

Quick Dumplings for Stews.

Leave out the shortening in the biscuit dough and use enough milk to mix soft; drop from the spoon into the boiling stew, cover, and cook rapidly for ten minutes.

Muffins.

Sift together one pint of flour, two teaspoons of baking powder, one-half teaspoon of salt, and one tablespoon of sugar. Add one tablespoon of shortening melted, one beaten egg, and one cup of milk. Mix thoroughly and bake quickly.

Blueberry Muffins.

Take the same quantities as for muffins, but use a little less milk and add one cup of blueberries.

Chopped apple may also be used in muffins.

Tea Muffins.

Use one-fourth cup each of sugar and shortening and two or three eggs and proceed as in plain muffins.

Rye Muffins.

Sift together one cup each of rye meal and white flour, two teaspoons of baking powder (or one of cream

of tartar and one-half of soda), one-half teaspoon of salt, and one tablespoon of sugar. Mix with one beaten egg and one cup of milk.

For Graham Muffins substitute graham meal for rye.

Graham Drop Cakes.

Sift together one and one-half cups of graham meal, one-half teaspoon each of salt and soda, one-fourth cup of brown sugar. Mix into a stiff batter with one scant cup of sour milk. Drop by spoonfuls on a buttered pan and bake about fifteen minutes.

Drop Doughnuts.

Sift together one pint of flour, two teaspoons of baking powder, one-half teaspoon of salt. Add one-half cup of sugar, a little spice, and mix into a soft dough with one beaten egg and one-half cup of milk. Flavor with cinnamon or nutmeg. Drop by teaspoonfuls into hot fat and fry as usual. This quantity should make about two dozen balls.

Shortcake.

Sift together one pint of flour, three teaspoons of baking powder, and one-half teaspoon of salt. Rub in one-fourth cup of butter. Mix into a soft dough with about two-thirds cup of sweet milk. Divide into two parts, roll each to fit the pan, put in one, brush with melted butter, and place the other on top, or bake in two pans if liked more crusty. If to be baked in a square pan, with a knife dipped in melted butter carefully cut across the cake twice each way, dividing it into nine portions. When baked each division should separate readily. Bake twenty minutes or more.

Individual shortcakes are made by cutting like biscuits and putting together with butter between.

Scones.

Make a rich biscuit dough. Roll out to fit a round tin. After the dough is in the pan divide in quarters, cutting almost through it. Glaze with yolk of egg and sugar.

Apple Dumplings.

Roll biscuit or shortcake dough till one-half inch thick, or divide in six portions, and pat each into a round shape. In each fold an apple cored and pared. Steam or bake forty-five minutes, or till the apples are soft. Other fruits can be substituted for apples.

Prune Loaf.

One-half pound of prunes; wash, soak, cook in little water until tender enough to remove the stones. Cut each prune into quarters and add one-half cup of sugar. Make dough as for baking-powder biscuits; roll out thin and so that the length is twice the breadth. Spread the prunes over this, keeping within an inch of the edges. Roll like jelly cake, pressing the ends firmly so that the fruit cannot escape. Place the roll in one side of a granite pan, pour over and around it one-half cup of sugar, a pint of hot water, and a tablespoon of butter. Bake, basting frequently and watching closely to prevent burning. Add more water as needed. Serve with its own sauce or with the addition of cream.

Any fruit may be substituted for the prunes.

This may be cut in slices, like the Swedish rolls, before baking when time is limited.

Surprise Rolls.

Make a shortcake dough. Mince cooked chicken and season highly, mix with a thick white sauce; form in small finger-sized rolls. Wrap each with a thin layer of dough; bake in hot oven; serve hot or cold.

Brown Bread.

Sift together one pint of corn-meal, one pint of rye or entire wheat, or one cup of rye and one cup of white flour, one teaspoon of salt, and two teaspoons of soda; then mix with one pint of sour milk and one cup of molasses and add a little water if too stiff.

Grease coffee or baking-powder cans, fill them about half full with the batter, cover, and steam three hours or longer.

Corn Cake.

Sift together three-quarters cup each of corn-meal and flour, one-half teaspoon each of salt and soda, and one tablespoon of sugar. Mix with one beaten egg and one cup thick sour milk. Bake about thirty minutes in one pan, or less time in muffin pans.

Corn Dodgers.

Scald corn-meal with an equal bulk of boiling water, salt slightly, and spread in a thin layer in a well-buttered shallow pan. Put bits of butter on top, and bake for half an hour or more.

Scalded Corn Cake.

Scald one cup of corn-meal with one cup of boiling milk or water, spread one tablespoon of melted butter over the top, and leave over night. Then mix with one tablespoon of sugar, two beaten eggs, three-

fourths cup of thick sour milk, and sift in one cup of flour with one-half teaspoon of salt and one-half teaspoon of soda. Bake in muffin pans or in a thin sheet for half an hour.

Southern Corn Bread.

Mix one and three-fourths cups of white corn-meal, one-half teaspoon of soda, one-half teaspoon of salt, one egg, one cup of buttermilk, and two tablespoons of melted butter. Pour in a hot greased pan, and cook in moderate oven for thirty minutes, or until a rich brown.

Oatmeal Gems.

Pour one cup of boiling water over one cup of oatmeal, or any of the steam-cooked cereals, and let it stand over night. Mix one cup of bread flour, two level teaspoons of baking powder, and one-half teaspoon of salt, and in the morning add this to the soaked meal. Add milk enough to make a batter stiff enough to drop from the spoon. Bake in hot buttered gem pans about twenty minutes.

Egg Bread, Batter Bread, and Spoon Bread.

One of the delicious things in Southern cookery is known by these names in different sections of the South. It offers a method of using left-overs in the line of rice, grits, and cereals. Scald a cup of white corn-meal with one cup of boiling water. Add half a teaspoon of salt, a cup of cooked rice, grits, or any other cereal, three eggs well beaten, two teaspoons of baking powder, one and a half cups of milk. Bake in an earthen dish until firm like a baked custard. It is sometimes prepared in a thin sheet, but is usually two inches thick.

Pop-Overs.

Into a bowl put one cup of flour, one cup of milk, one egg, and a saltspoon of salt. Put in the egg beater and stir gently for a moment; then beat vigorously until perfectly mixed and full of air. Have the gem pans already buttered, and fill them even full with the mixture; bake in a moderate oven for a half hour or longer. Each cake should be at least twice as large as when it went into the oven, and dry and crisp all over. If taken out too soon they will shrivel and be moist and flabby.

For variety use half rye or all entire wheat flour in place of white flour.

Put a quarter of an apple or a piece of banana into each pop-over cup before putting into the oven. The batter will rise around and nearly cover the fruit.

These may be served with sauce for dessert.

Maize Muffins.

Beat together three-fourths cup of flour, one saltspoon of salt, one egg, one cup of milk. Last, add one cup of cerealine or cream of maize. Bake in pop-over cups or round gem pans.

Yorkshire Pudding.

Beat together till smooth one cup of milk, one-half cup of flour, two eggs, and one-fourth teaspoon of salt. Bake like pop-overs in cups, or in one shallow pan, basting several times with the fat from roast beef. Serve with the meat.

For a breakfast or luncheon dish add one-half cup of bits of meat from a roast and serve with any left-over gravy or tomato sauce.

Graham Gems.

The oven must be considerably hotter than for any other cooking. Place iron gem pans on this hot stove, and while they are heating, stir the graham flour and water (and a pinch of salt added) constantly and vigorously, mixed to about the consistency of fritter-batter. When the pans are so hot as to melt immediately a bit of butter dropped in them, turn in the batter, filling each pan even full. Then wait till the batter begins to form into little bubbles around the edge of each gem pan. Just when bubbles entirely surround each pan, without stirring or shaking the bread mixture in the least, transfer the pans to the hot oven. There is hardly any danger of having an oven too hot. After this the oven must not be opened for twenty minutes, because it is heat that raises the bread, and it must not be slackened. Practise will do much for a graham roll maker.

Rhode Island Corn Cakes.

Use the fine white Rhode Island corn-meal, not granulated. Just dampen with boiling water, first mixing in a little salt, one saltspoon to one cup of meal. Thin with cold milk, but have them stiff enough to keep their shape on the griddle. Drop in small oval forms in a hot griddle, greased with butter or salt pork fat. When brown put a bit of fat on top and turn over, and when done place them in the oven a few minutes. If mixed just right, they will puff up and stay up, and be very light and sweet.

Griddle Cakes.

Into one pint of sifted flour mix one-half teaspoon

of salt, three teaspoons of baking powder, and one teaspoon of sugar. Beat two eggs until they are very light, turn into them one cup of milk, but do not stir much, as that destroys the lightness of the eggs. Stir the egg and milk mixture into the flour, add two tablespoons of melted butter, beat well, and then add enough more milk to make a batter about like thick cream. Beat the batter vigorously and especially before each frying.

To secure the crisp edges and texture of a regular fritter, use considerable fat and fry the cakes in an ordinary spider, dropping the batter from a spoon in small portions into the hot fat; but for the smooth, delicate, brown surface similar to that of an oven-baked cake, use a large griddle, which must be made uniformly hot, and then rub the surface all over with a bit of ham or pork rind held on a fork, leaving just the merest film of grease. This coating of grease, being free from moisture that always accompanies butter, will form no steam bubbles, which, as they burst, leave a bare spot on the griddle and an unbrowned spot on the cake. Drop the batter from the end of the spoon, making the cakes round and of uniform size. When full of bubbles and before they look dry on the top, turn them over with a cake turner or a broad knife. If any portion of the batter spatters out on the edge, push it immediately up to the cake that there may be no waste and no ragged edges. When they stop puffing, they are usually brown and done.

With a new soapstone griddle, no greasing will be required. Many people prefer to rub a common griddle with salt, using no fat whatever, and if the

griddle is smooth and hot, the cakes will not stick, but they lack the flavor which the fat gives them.

Serve with butter or maple or fruit sirup.

Steamed Bread.

Put stale bread, loaves, slices, rolls, or muffins, in a steamer over rapidly boiling water. Be careful in removing the cover not to let water drip on the bread.

Another way of reheating bread is to dip the crust of the bread quickly in water, and put in a covered pan in the oven for a few minutes.

Toast.

Cut stale bread in thin, even slices, not over one-fourth inch thick. Place them in a fine wire broiler, and move the broiler over a clear fire, or under the broiling burner of a gas range, and turn often, until the bread is a uniform golden-brown color. Let the moisture dry out before the outside browns, then the toast is crisp throughout and does not become flabby afterward.

Toast for Garnishing.

Cut the bread into rounds with a large cake-cutter before toasting, or remove the crusts and cut into oblong pieces; or cut into small squares or diamonds. For a border, cut, after toasting, into inch and a half squares, and then diagonally into triangles.

Rye Cakes in Cream.

Make a quick biscuit of half rye meal. Roll thin, cut in squares, and bake. Split while warm and put into thickened cream or a white sauce, and serve.

Milk Toast.

Put a pint of milk into a large saucepan, add an ounce of butter, and let the milk scald. Have the bread toasted till very dry, but not burned. Put the slices in the milk and heat till quite soft. Remove to a dish and pour the milk over them.

Cream Toast.

Make a thin, white sauce. Dip the dry toast quickly in hot salted water or milk; put it in a deep dish and pour the thickened cream over each slice. Or thicken hot, thin cream with flour mixed smooth with cold cream. Use one tablespoon of flour for each cup of cream and cook at least ten minutes.

Rye and graham muffins, corn cake, and brown bread may be cut in convenient pieces, toasted, and served in a white sauce. These should not stand long after dipping, as they incline to crumble more than raised bread.

Brewis.

Use stale bread, white or brown, or a mixture. Prepare in a buttered saucepan, or a pudding dish in the oven, or in a double boiler. Cut or break the bread in convenient pieces, cover with milk, and cook gently until soft, adding more milk as it is absorbed. Use butter and salt if needed.

The shape of the bread will be less distinct than in toast, but should not be too pasty.

Continental Toast.

Beat one or two eggs for each cup of milk and add one-fourth teaspoon of salt and one teaspoon of sugar. Dip slices of stale bread in this, and pile

them up on a plate. When all are done, moisten any hard parts again. If soaked too much the slices will break, for this reason the pieces should not be very large. Brown one side and then the other on a hot greased griddle or frying-pan. Serve in place of griddle cakes.

Crumbs.

For bread sauce and for most puddings the white portion of a stale loaf is preferred. Remove the crusts and grate the loaf, or break in sections and rub them together. The crusts and odds and ends not suitable for croutons should be dried, rolled, and sifted. The oven should be moderate so that the crusts will become crisp without browning. Two grades of crumbs should be kept — fine ones for croquettes, and coarser ones for stuffing and escallops. A meat chopper will grind the bread fine with less effort than a rolling pin. Bread-crumbs are best for croquettes and most stuffings. Cracker crumbs are preferable for the top of anything which must cook a long time.

Buttered Crumbs.

Melt one to two ounces of butter for each cup of crumbs. Stir the crumbs in the butter till it is all absorbed and every crumb has a share.

Croutons.

These should be made from stale bread, cut into slices about one-third of an inch thick, then into dice. They may be browned in the oven or cooked in butter in a frying-pan, tossing them about until slightly browned or fried in deep fat.

Eggs.

Boiled Eggs.

Put eggs in a saucepan of cold water and heat. By the time the water boils the eggs will be ready to eat.

Or put the eggs in boiling water and place the dish containing them where the water will keep hot, but cannot boil. In five minutes the white will be soft and jelly like. In ten minutes the yolk will begin to be firm. Water at 180° is about right for cooking eggs. Much depends upon the age of the egg. The fresher the egg, the longer it takes to reach a given degree of hardness.

For hard eggs cook in water of moderate heat for half an hour or longer.

Poached or Dropped Eggs.

Break raw eggs and turn into a cup without breaking the yolk. Then slip gently into a shallow pan of salted boiling water. A small quantity of lemon juice or vinegar in the water aids in keeping the egg in good shape. With a spoon dip some of the water over the egg that it may be cooked evenly on top. When the white is firm take up the eggs with a skimmer and place on a slice of toast. Egg poachers or muffin rings are used for the same purpose.

Eggs may be poached in milk, or in soup stock, tomato sauce, or any gravy which afterwards is poured over the toast on which they are to be served.

The toast may be spread with melted cheese or with any minced meat or fish, such as anchovy paste. A poached egg may be served on a fishball.

Eggs Poached with Tomatoes.

Cut in small pieces one onion and three tomatoes and a small green pepper. Cover with water and stew until well done. Strain through a colander and add a teaspoon of sugar, with salt to taste.

Pour this into a frying-pan. Break five eggs carefully into the hot liquid. When the eggs are sufficiently firm, serve all together.

Baked Dropped Eggs.

Cut stale bread into slices three-fourths of an inch thick, then cut into rounds with a large round cutter, having as many pieces of bread as the number of eggs to be cooked. From the center of the bread cut out a little of the soft part, and toast the round pieces a golden brown on each side. Butter a large shallow plate and put in the toasted rounds; break an egg into the center of each piece of toast, being careful not to break the yolk. Sprinkle each egg with salt and pepper, put on small pieces of butter, and pour a little cream or milk between the rounds of bread. Bake until the egg is cooked, in a moderate oven.

Shirred Eggs.

Butter egg shirrers or ramekins. Break an egg into each, season slightly, and bake until the whites are firm. The dishes may be lined with crumbs or chopped ham or cheese or parsley before putting in the eggs.

Eggs Baked with Cheese.

Spread slices of toast, slightly hollowed out in the centre, with grated cheese, seasoned, and moistened with milk. Break an egg into a cup, and turn on

each slice, keeping the yolk whole. Put a bit of butter or a teaspoon of cream on top, and bake for eight or ten minutes.

Baked Eggs with Ham.

Into one cup of thick white sauce stir one cup of finely minced ham. Add a little pepper, and salt if needed. Heap this in the center of a hot platter. Heat and butter six small earthen cups, break an egg into each, and bake in a pan of hot water until the egg is firm. Slip them out of the cups around the meat.

Buttered Eggs.

Allow one teaspoon of butter to each egg, and melt it in an omelet pan. When hot, break and slip in the eggs and let them cook till firm, turning when half done. Do not allow them to brown. Add a little more butter if needed to prevent the egg from sticking. Serve with brown butter sauce.

Fried Eggs.

Use a quantity of ham or bacon fat. Break the eggs into a saucer, slip them in and dip the fat over them just as water is dipped over poached eggs.

Eggs Scrambled with Onion.

Melt two tablespoons of butter in the saucepan, and cook in it one tablespoon of finely chopped onion directly over the fire till yellow. Have three or four eggs slightly beaten with one-half cup of milk, and seasoned with salt and pepper. Turn this mixture into the butter and onion, set the pan over hot water, and cook till thickened, stirring often. The flakes of yellow and white may be distinct or the whole blended.

The onion may be omitted, or other flavors substituted, such as asparagus, peppers, mushrooms, green peas, etc.

Coddled Eggs.

Allow one-fourth cup of milk for each beaten egg, and cook together in a double boiler, like a soft custard, till it thickens. Then season and serve on buttered toast.

Creamed Eggs.

Have ready one cup of hot white sauce seasoned as desired. Mix in the beaten yolks of three eggs and cook over hot water till it begins to thicken, then fold in the egg whites beaten stiff. Cook till firm, and serve hot, heaped on slices of buttered toast.

Goldenrod Eggs.

Chop the whites of three or four hard-boiled eggs, and mix with one cup of white sauce, seasoning as desired. Pour over strips or rounds of toast. Rub the yolks of the eggs through a strainer over the whole.

Eggs in Cases.

Line buttered cups with a paste made of chopped cooked meat or fish, bread-crumbs, milk, and beaten egg. Drop a raw egg in the center of each, cover with the paste, and put the cups in a steamer to cook for half an hour or till the eggs are firm. Turn out of the molds and serve hot. Hard-boiled eggs may be used as a garnish. A white sauce may or may not be served with these. Chicken, veal, lamb, ham, or fish can be used in this fashion.

Egg Timbales.

Beat four eggs, mix with one cup of milk or stock, season highly with salt, pepper, and onion juice. Strain into small molds and steam or bake until firm. Turn out and serve hot with a tomato or mushroom sauce.

Meat or Egg Timbales.

Fill buttered molds lightly with alternate layers of meat and stale bread-crumbs. Gradually pour in the egg timbale mixture and cook until firm. Turn out and serve with a sauce.

Stuffed Eggs.

Boil six eggs thirty minutes. Remove the shells and cut carefully lengthwise. Remove the yolks and put the two whites of each egg together that they may not become mixed. Rub the yolks through a gravy strainer and add to them three teaspoons of cold boiled ham chopped fine and mashed to a powder, a few drops of onion juice or any favorite ketchup or sauce, and enough melted butter to moisten the mixture to a smooth paste. Fill the whites just level with the mixture, press the two halves together, being careful to fit them just where they were cut. Add the remainder of the yolk mixture to a white sauce. Pour this over the eggs, sprinkle lightly with fine, buttered cracker crumbs and bake a few minutes or until the crumbs are slightly colored.

Egg Baskets.

Shell hard-boiled eggs, cut a slice from either end, and cut in halves crosswise. Rub the yolks smooth, add an equal bulk of fine chopped meat or fish. Moisten

with melted butter; season with salt, pepper, mustard, etc. Shape in balls like yolks and place in the baskets. Serve with white sauce and garnish with toast-points; or use cold for salads or for picnics.

Curried Eggs.

Dip rounds of toast in a curry sauce; on each slice put half a hard-boiled egg cut lengthwise, cut side down, and pour the remainder of the sauce over the eggs.

Eggs with Fish.

Take what is left of boiled or baked fresh fish, remove the bones and skin, and warm it in hot milk enough to moisten. Turn it out on a platter. Poach three or four eggs and lay them on the fish. Mix one tablespoon of chopped parsley, a few grains of cayenne, and a little salt with two tablespoons of butter melted. Pour this evenly over the eggs, and serve at once and very hot.

Scotch Eggs.

Shell six hard-boiled eggs and cover with a paste made of one-half cup of stale bread-crumbs cooked soft in one-half cup of milk, one cup of lean boiled ham minced very fine and seasoned with cayenne and one-fourth teaspoon of mustard and one raw egg beaten.

Roll slightly in fine bread-crumbs and fry in hot deep fat a delicate brown. These are nice for picnics, or to serve with salads.

Egg Cutlets.

Boil eggs twenty minutes, and when quite cold shell them and cut in two lengthwise. Have ready one

tablespoon of butter melted and on a hot plate, add to it a little salt and pepper; one egg beaten with one tablespoon of cold water on another plate, and fine dry bread-crumbs on still another. Dip the egg halves first in the melted butter, then in egg, then in crumbs, and fry in deep fat. Serve with curry sauce.

Omelet.

Beat two eggs slightly; add one saltspoon of salt and half as much pepper, and two tablespoons of milk, water, stock, or fruit juice. Pour into the omelet pan in which one tablespoon of butter has been melted. Shake gently, and with a fork or palette knife roll or scrape toward one side of the pan. When creamy turn on to the other side, and when slightly colored, serve at once.

Omelet Soufflé or Puffy Omelet.

Separate the yolks and whites of two eggs. Beat the whites stiff, add the yolks and beat again; add two tablespoons of milk, season with salt and pepper and pour into a small frying-pan in which one teaspoon of butter has been melted. Shake the pan gently to prevent sticking; when firm, fold and serve immediately.

Variations in Omelets.

From one-fourth to one-half cup of any hot meat or vegetable minced and seasoned may be mixed with an omelet before cooking, or be folded into it just before serving.

Asparagus Omelet.

The tender tops are preferred, and after cooking should be drained and heated in butter.

Use cauliflower, celery, etc., in the same way.

Bacon Omelet.

Cook an omelet in bacon fat instead of butter, and serve, garnished with crisp curls of bacon.

Bread Omelet.

Soak one-half cup of crumbs in one-half cup of milk, and mix with the eggs before cooking.

Cheese Omelet.

Parmesan, Gruyère, or any dry cheese may be grated and sprinkled over the omelet before folding.

Cheese may be added to the bread omelet.

Creamy Omelet.

Mix one-half cup of white sauce with an omelet before cooking, and pour another half cup around it before serving.

Ham Omelet.

Sprinkle fine chopped ham over the egg mixture as soon as it is put in the frying-pan.

Jelly Omelet.

Sweeten the omelet slightly when mixing, and spread one or two tablespoons of warm jelly over it before folding

Macédoine Omelet.

Have ready a mixture of vegetables, hot and seasoned, and fold into an omelet.

Oyster Omelet.

Parboil, drain, and cut up the oysters, and serve in and around the omelet.

Parsley Omelet.

Put one tablespoon chopped parsley in the omelet before cooking.

Spanish Omelet.

Fold in a mixture of tomato, mushrooms, and green peppers stewed in a little butter, or serve with a Spanish sauce.

Tomato Omelet.

Fry three slices of bacon crisp, remove it, and in the same fat cook one sliced onion until light brown. Beat three eggs slightly, season with cayenne, add three tablespoons of thick stewed tomato, the fried onions, and the crisp bacon, finely crumbled. Turn into a greased omelet pan, and pick it up with a fork as the egg thickens, then let it color slightly, roll over, and turn out on a hot platter.

Other recipes for dishes suitable for breakfast will be found under "Luncheon" and under "Dinner."

Luncheon.

Luncheon.

Luncheon is the meal at which to use up left-overs. Ability to use left-overs wisely indicates wide culinary knowledge on the part of housekeeper or cook. The second appearance of any article of food should not suggest the first, nor should much time or new material be expended in its preparation.

It is not necessary to have a different recipe for each special kind of meat, fish, or vegetable, but rather to classify all recipes under a few heads, and then adapt the material at hand to the general process.

Soups, stews, hashes, scallops, croquettes, fritters, salads, timbales, and soufflés are standard processes, and once the general formula is learned almost any material may be used for each.

It is seldom wise for a household employing few helpers to buy new material to convert into elaborate "made dishes," but often from several bits an attractive entrée may be evolved with little labor.

If the material is limited it may be extended marvelously by the judicious use of milk, eggs, crumbs, and seasoning.

Unless there is milk or stock, few soups are possible.

Stews require time for preparation, salads imply the use of something green, fritters and croquettes mean frying, and soufflés are undesirable when eggs are four cents apiece. Thus we may select the one dish best adapted to our conditions.

Emergency Luncheons.

Sometimes we read of menus evolved under pressure, or at short notice, from the contents of cupboards which rival Mother Hubbard's in barrenness. Many of these feasts would be impossible without the lamp of a genie or the aid of a fairy godmother.

A cold chicken or a portion of a leg of mutton is usually an essential upon which to build such repasts, but there may be occasions when even such viands are wanting. For her own peace of mind every housekeeper should be prepared to meet the common emergencies which may be the result of heavy storms, sudden company, or the failure of expected supplies.

One shelf of the storeroom (not too easily accessible) should contain a dozen or more assorted cans, chosen with special reference to the preparation of a full meal on short order. With these should be kept a card of plain directions, for one's ideas sometimes vanish on such occasions. This shelf should be kept strictly for emergency use, and restocked as soon as exhausted.

Such a resort is not essential for the city housekeeper, for the corner grocery will supply her needs at short notice; but it is a great comfort in the country house, where the nearest grocery may be miles away, and its supplies not of the best.

Some housekeepers pride themselves on never serving canned foods, considering their use an indication of inefficiency. Others are not yet convinced of the wholesomeness of canned foods, and therefore decry their continual use. The cost of such foods of

the best quality prevents their use in other households. But none of these objections are valid in the case of emergencies.

No one would claim that canned foods are to be chosen when fresh ones are available, but the ease in keeping them and quickness of preparation are great advantages at times.

Among the most useful canned foods are the salmon, shrimp, and chicken for fish and flesh; the corn, peas, tomatoes, and celery for vegetables; peaches, cherries, and grated pineapple for fruits. The shelf should be supplied with one or two cans of each class. Where milk is not easily procured, a few cans of evaporated cream are desirable. This is unsweetened, and therefore may be used for soups. Other things convenient in the household at any time, and which should be kept on hand, are prepared flour, gelatin, beef extract, dried herbs, mushroom ketchup, or some good table sauce. A cooked salad dressing may be kept indefinitely, while a mayonnaise is quickly prepared when eggs, oil, and vinegar are available.

Butter, sugar, eggs, potatoes, crackers, stale bread, rice, and macaroni usually are to be found in a store closet otherwise bare.

Canned salmon or chicken will give us croquettes or a casserole with rice, or may be served with a curry sauce in a border of rice, or with a cream sauce on toast. Canned chicken soup may be served as it comes, or used like stock in more elaborate soups.

Peas may be served plain or sifted, and made into a chartreuse or timbale, or into a cream soup. Asparagus may be used in the same ways.

The tomato can is one of our most faithful allies.

It may give us a plain tomato soup, or the mock bisque, or a sauce to serve with rice, macaroni, or meat, or, combined with gelatin, we have the tomato jelly salad, available when green salads are not.

With a supply of canned fruit and prepared flour a wide range of desserts is possible. The prepared flour may be obtained in small packages, or may be made at home by mixing the usual proportions of flour and baking powder. Then it is easy to have steamed roly poly pudding, fruit dumplings, and shortcakes.

By the substitution of the strained fruit pulp and juice, or the grated pineapple for orange juice in an orange jelly or charlotte, we may obtain several varieties of fruit sponges or jellied fruits.

Thus it is easy to see how our emergency shelf may provide several different menus — as below. The last probably requires more time for preparation than is usually at our command in most emergencies, but serves to show the possibilities of our dozen tin cans.

Consomme Royal.
Salmon Loaf.
Timbale of Green Peas.
Peach Dumplings.

Scalloped Salmon.
Croustades of Asparagus.
Chicken Salad.
Pineapple Sponge.

Green Pea Soup.
Casserole of Chicken.
Corn Pudding.
Tomato Jelly Salad.
Apricot Shortcake.

The School Lunch Basket.

Few public schools are as yet prepared to provide lunches on their premises, though several successful experiments will encourage other towns and cities to do likewise. But for many children in city and country the distance from home is so great, or the school sessions so long, that the lunch basket is a necessity.

The child who spends most of his day in a schoolroom, not too well ventilated, requires a lunch very different from that he might take for an all day excursion in the open air. The food should be simple in quality and limited in quantity; there should not be a great variety in any one lunch, but throughout the week or month there should be constant change, that nothing becomes monotonous. Too often the lunch baskets are filled with sweetmeats rather than substantial articles of food, yet it is as easy to prepare the latter as the former, and to put them in attractive form.

The element of surprise will give relish to food that would be little appreciated otherwise, and may be managed by diplomacy on the part of the mother, or whoever packs the basket. Do not ask a child at the breakfast table what he will have for lunch, and then pack it before his eyes.

A lunch basket must be well aired over night; if napkins and crumbs are allowed to remain in it until the next day's lunch is packed, odors and flavors will invariably remain to affect the next food packed in the basket. Nor is it appetizing to have one article of food placed in such close neighborhood to another that

one adheres to the other, or the flavors mingle. Paraffin paper wrapped around sandwiches and cakes will keep each distinct, moist, and in good shape.

It is quite possible to plan twenty different lunches and thus give a complete change every day in a month, and the order may be varied when the same articles are used a second time.

Almost endless changes may be made in the filling of a sandwich. A cup custard is digestible and nourishing if not overcooked; simple puddings may be cooked in cups, and thus be in convenient form for the lunch basket. Fruit, raw or cooked, is always in order, even in cold weather; canned fruits are carried easily in a jelly tumbler; milk or lemonade may be packed in a flask or wide-mouthed bottle with a screw top. Let the child have a special spoon, which is put back in the basket as soon as washed, then it is always ready and the family spoons do not get scattered.

The lunches suggested will serve to show how great a variety may be obtained from ordinary materials.

1. Corned beef, graham muffins, buns, milk.
2. Egg sandwiches, wafers, glass of canned fruit.
3. Buttered rolls, Dutch cheese, chocolate cake.
4. Sliced ham, bread and butter, ginger cookies, baked apple.
5. Fishballs, graham bread, bananas.
6. Cheese sandwich, cookies, apples.
7. Cold roast beef, bread and butter, molasses gingerbread.
8. Potato salad, rolls, cup custard.
9. Sandwiches (deviled ham), pickles, rice pudding.
10. Tongue, rolls, apple turnovers.

Sauces.

Sauces are appetizing dressings for food, usually in liquid form. Fruit sauces have been considered in the previous pages and pudding sauces will follow the puddings. Meat and fish sauces are given here because they are essential in preparing many of the made dishes suitable for luncheon.

A "sauce" is possible when there is no gravy, for it may be made of any extraneous substances which will improve the flavor of the meat.

Gravy, pure and simple, is the juice and fat of the meat extracted in the process of cooking and carving.

The ingredients required for most sauces are fat, liquid, thickening, and seasoning.

The fat may be that belonging to the meat, or butter, or oil, or cream.

The liquid is stock from meat, fish, or fowl, or water, or milk, or fruit, or vegetable juices.

The thickening may be flour, arrowroot, cornstarch, or bread-crumbs, or eggs, or vegetable pulps.

The seasoning may include salt, the standard condiments, and many meat, fish, and vegetable flavors. Instead of mingling too many, it is better to use to-day a pinch of sweet herbs, to-morrow some chopped onion, and next time a little parsley or strained tomato.

There are two foundation sauces, the white and the brown, or as the French say, *blanc* and *roux*.

It is a saving of labor to keep a jar of butter and flour cooked together to use in white sauce, and a smaller one of browned butter and flour for brown sauces.

Sometimes the butter and flour are rubbed together uncooked, stirred into the hot milk in a double boiler, and cooked for at least fifteen minutes.

When it is desirable to use less fat, the flour should be mixed with a little cold milk, and blended with the remainder, which should be scalding hot, and the whole thoroughly cooked.

A general formula which will cover most sauces calls for two tablespoons of fat, two tablespoons of flour, and one cup of liquid.

Vary according to circumstances; for example, if the liquid is cream use less fat; if it is tomato or onion pulp less flour will be required.

Process of Mixing.

Melt the fat in a suitable agate saucepan, put in the flour, stir till the mixture bubbles all over, cool slightly, then gradually add the hot or cold liquid, beating in each addition before putting in more.

Brown sauces are made by first browning the fat, then adding the flour and letting that brown, and when the right shade of color is gained adding the liquid. Butter browns sooner than other fats. A few drops of caramel will intensify the color if the liquid has been put in too soon. The proportion of flour should be slightly increased for the brown sauce. Constant beating renders the sauce smooth and glossy as nothing else can make it.

If it should not be of the right thickness — if too thin, cook slowly for a few moments; if thick, add more liquid. Bread flour thickens more than pastry flour, and corn-starch more than either.

Any sauce or gravy thickens while cooling — even

the short time between cooking and serving makes a noticeable difference. Allowance must also be made for the evaporation, which takes place if a saucepan of gravy is allowed to stand for a few moments uncovered, or even for making the sauce in a broad shallow pan, instead of a smaller deep one.

Next, season it to suit the taste. Powdered seasonings, like salt, pepper, and mustard, may be mixed with the dry flour before it is put in the fat. Chopped onions may be fried in the fat before the flour is added. In general, it is better to season mildly than too highly. Such seasonings, as mushrooms, lobster, celery, shrimps, capers, etc., are previously prepared and put into the sauce not long before serving.

French cooks often leave a sauce in a double boiler for an hour or more until much of the fat rises to the top and may be removed.

White Sauce.

Two tablespoons of butter and two tablespoons of flour to each cup of milk. Or one ounce of butter and one-half ounce of flour to each half pint of milk. One-fourth teaspoon of salt and a few grains of pepper.

Thick Sauce for Croquettes or Soufflés.

Make like White Sauce using only one-half cup of milk.

Thickening for Soups.

Cook flour and fat together in the same way as for sauces, adding a double quantity of liquid or more when that is already thickened with the pulp of vegetables, etc.

Drawn Butter Sauce.

Use water or meat or fish broth instead of milk in a white sauce and add another equal portion of butter, cut in bits just before serving.

Bechamel Sauce.

For liquid, use half milk, half highly seasoned white stock and proceed as for white sauce.

Brown Sauce.

Melt and brown two tablespoons of butter, then brown in it three tablespoons of flour. Cool, and add one cup of brown stock.

Cream Sauce.

Thicken thin, hot cream by adding flour blended with a little cold milk, and cook twenty minutes in a double boiler.

Allemand Sauce.

Blend the yolk of an egg well beaten and one teaspoon of lemon juice with Bechamel sauce.

Asparagus Sauce.

Add cooked asparagus heads to a white sauce, or use the pulp in place of part of the liquid.

Caper Sauce.

Mix one-fourth cup of capers with drawn butter.

Chopped parsley, olives, or cucumber pickles may be used in the same way with white or brown sauces.

Celery Sauce.

Cook one-half cup of celery cut in dice till tender, and add to one cup of white sauce.

Curry Sauce.

Use from one teaspoon to one tablespoon of curry, mixing it with the flour and butter of a white or brown sauce.

Egg Sauce.

Add to a white sauce or to drawn butter one or two hard-boiled eggs sliced or chopped.

Maize Sauce.

When ready to serve stir into a white sauce one cup of popped corn. Serve it with boiled fowl as a garnish around the bird, and put a sprinkling of dry popped corn on the edge.

Lobster, Oyster, or Shrimp Sauce.

To one cup of white sauce add one-half cup of the fish parboiled, and cut in small pieces.

Mushroom Sauce.

To either white or brown sauce add half a can of mushrooms, cut in slices or quarters. Fresh mushrooms stewed may be used instead of canned ones. Or mushroom stalks may be stewed in stock which is strained and used for the sauce.

Soubise Sauce.

Use half milk or stock and half pulp from onions boiled and rubbed through a strainer.

Spanish Sauce.

In two ounces of butter cook until tender a small onion and a green pepper cut fine. Next add one-fourth cup of flour, and cook till frothy, and gradually mix with one pint of strained tomato, or half tomato

and half stock. Season with salt and pepper. A few mushrooms may be added.

Tomato Sauce.

Melt one ounce of butter; add two tablespoons of flour, cook till it bubbles, stirring all the time, then add one cup of strained tomato, or half tomato and half stock. Season with salt, pepper, and onion juice. Or first cook a small onion chopped fine in the butter until it begins to grow yellow before adding the flour.

Tomato Cream Sauce.

Combine equal quantities of white and tomato sauces. Or add a speck of soda to one cup of seasoned strained tomato, and with it reduce one cup of thick white sauce.

Bread Sauce.

Cook one-half cup of fine white stale bread-crumbs, a slice of onion, and three cloves in one and one-half cups of milk thirty minutes. Rub through a strainer if the crumbs are large. Add two tablespoons of butter, one-half teaspoon of salt and a speck of paprika. If too thick add a little more milk.

Serve with game, eggs, etc. Garnish with one-half cup of coarse crumbs browned in butter.

Maitre d' Hôtel Butter.

Cream an ounce of butter, and add a little salt and pepper, one teaspoon of fine chopped parsley, and one tablespoon of lemon juice.

Brown Butter.

Brown one ounce of butter in a frying-pan, and mix

with it one tablespoon of vinegar or lemon juice, and one teaspoon of Worcestershire or similar sauce. Season with salt and pepper if needed. Pour over broiled fish.

Dutch or Hollandaise Sauce.

Cream one-fourth cup of butter. Beat yolks of two eggs in a saucepan, add two tablespoons of lemon juice and one-fourth cup of hot water, a saltspoon of salt, and a few grains of cayenne. Place the saucepan over the fire and stir constantly until it is quite thick. Then quickly stir in the creamed butter, and serve at once.

Cucumber Sauce.

Pare two cucumbers. Cut lengthwise in quarters, and cut off the edge containing the seeds if they are large; then chop fine, and squeeze quite dry through cheese-cloth. Season with salt, paprika, and vinegar, and stir in one-half cup of thick cream whipped stiff. This is especially suitable for broiled fish.

Horseradish Sauce.

Make like the cucumber sauce, using one-fourth cup of grated horseradish in place of the cucumbers. Or add the horseradish to a Hollandaise sauce. Or the horseradish may be steeped in water or stock, which is used for a sauce.

Pickle Sauce.

Rub one ounce of butter to a cream. Add one-half teaspoon of salt, a speck of cayenne pepper, and one tablespoon of finely chopped sour pickle. If the pickle is not sour, add one tablespoon of vinegar. Spread the sauce over chops or fish.

Bearnaise Sauce.

Heat two tablespoons of tarragon vinegar and two of water, and steep in it a slice of onion. Cream one-half cup of butter till very light. Beat the yolks of four eggs slightly, add one-half teaspoon of salt and one saltspoon of paprika. Remove the onion and add the hot liquid to the egg. Cook over the fire, stirring constantly until it is thick and smooth. Lift it up frequently and stir well from the bottom. Often the heat in the thickened portion is sufficient to cook the remainder. When all thickened add the creamed butter, a fourth at a time, and stir each portion until well blended. Serve it on broiled steak or chops.

For fish, add one tablespoon each of fine chopped onion, pickles, and parsley.

This sauce may be used cold in place of mayonnaise for salads.

Mint Sauce.

Spearmint is preferred, though peppermint is sometimes used. It should be young and fresh, well washed and drained, or dried on a cloth, and chopped. The chopped mint is then mixed with sugar, either brown, granulated, or powdered, the latter extracting the juices more rapidly. After this has stood for a time, vinegar is added, and the whole left for an hour or two before serving.

These proportions may be varied: One-half cup of chopped mint, one-fourth cup of sugar, one cup of vinegar.

Mixed Mustard for Cold Meats.

Cream one ounce of butter and one tablespoon of

sugar. Add two tablespoons of mustard mixed with one tablespoon of salt. Beat one egg very light and beat it into the creamed mixture. Heat half a cup of vinegar to boiling point, stir it in quickly, and if it does not thicken the egg, set the bowl over boiling water a few minutes, stirring constantly until thick.

Gravy for Roast Meats.

Gravy for roast meats is made in the same manner as the standard sauce.

If water has not been added during the process of roasting, the liquid in the pan when the meat is taken up consists of fat with a browned sediment. When a roast has been rubbed with flour, some of it is washed off by basting and settles with the juices under the fat. After the fat is drained off, a few spoonfuls of gravy may be made by the addition of a little water and no more thickening. Usually, however, more gravy is wanted. In that case after removing the bulk of the fat put a pint of hot water in the pan and let it stand on top of the stove for a few moments to soften any dried juices which may adhere; then scrape off every bit, for this is the stock for the gravy. Put one-fourth cup of the warm fat in a saucepan, cook with it an equal amount of flour, and gradually add the stock, and season with salt and pepper. This is far easier than to make the gravy in the dripping pan, or to mix the flour with cold water.

Soups.

Two classes, milk soups and stock soups, will include practically all kinds that are served.

Vegetables are combined with either milk or meat stock, and often with both. Occasionally, however, fruit or vegetable pulp and juice are used for a soup without either stock or milk.

The many varieties of soup get their names from the different materials used to give flavor and substance.

Stock is the broth resulting from long, gentle cooking in water of meat, poultry, or fish. Pieces of tough muscle and bone, such as shin, neck, ox tails, and calves' heads, which would be of little value if prepared in any other way, are used for soups. The meat must be free from taint and be scraped or wiped clean. If cut in small pieces, a greater proportion of nutriment will be extracted by the water, and raw meat will yield more than that already cooked.

There should be about twice as much meat as bone. From one pint to one quart of cold water is used for each pound of meat and bone. About one-fourth pound of mixed vegetables is allowed for each pound of meat. These should be added with other seasonings after the meat has cooked for three hours. Mixed herbs and spices tied in a bit of cheese-cloth may be removed from the stock when enough flavor has been extracted. Salt may be put in at first.

Smoked or salted or very fat meat in any large quantity is undesirable, although sometimes a bit of ham or bacon is used for flavor.

The flesh of full grown animals and fowls gives more flavor and nutriment than that of younger ones, but the bones of young creatures yield a larger proportion of nutriment.

For clear soups the froth should be removed from the top of the kettle as it rises, but when nutriment is the chief end, the stock should not be skimmed.

Stock should cook slowly for four hours or more, and then be strained and cooled quickly. When a large quantity is made it should be put in quart jars and the layer of fat on top left undisturbed till the soup is used. Such stock will keep in a cool place for several days.

Stock from Left-Overs.

The raw or cooked bones and trimmings from roasts and steaks, the water in which fresh meat, poultry, rice, or any young vegetables have been cooked, and odd bits of parsley, celery, onion, and carrot may be combined to make a stock useful for sauces and hashes as well as for soups.

The cooking of such soup stock may be intermittent; to-day's remnants may be scalded and cooled, more added to-morrow, and the whole again scalded, and on the third day the cooking continued longer and the stock strained for use.

Sauces and gravies are really condensed soups, and a cupful left over may be thinned with milk or water in which meat or vegetables were boiled, even that from young turnip, cabbage, or onions may be used.

A chopped onion and grated carrot boiled in the water in which meat has been cooked, after the fat is removed, will provide an acceptable soup.

Seasoning materials like curry and celery salt, used judiciously, will make savory soups from food material often wasted.

Bouillon.

This is generally made from beef, but sometimes from chicken or clams or oysters. It should be somewhat like beef tea, hence little or no bone is used, and vegetables are often omitted and the meat is seldom browned.

Four pounds of beef cut in small pieces are covered with three quarts of cold water, heated gradually and cooked slowly for four hours. During the last hour any desired seasoning is added. The liquid is strained and cooled and the fat removed before reheating.

Bouillon is usually served in cups. Brown stock and consommé are often substituted for bouillon proper.

Brown Stock.

Proceed as for bouillon, but use some bone and brown a little of the meat in the marrow from the bone. For four pounds of meat add one pound of mixed vegetables. These should be cut fine, and some of the onion and carrot browned in the hot fat with the meat. The preferred flavor is that of many vegetables, herbs, and spices rather than of any one.

White Stock.

Chicken, veal, or white fish will yield a white stock. No seasonings that would discolor are used.

Consommé.

Make like brown stock, but use half veal and half beef, and cook a fowl on top. When tender, the fowl

should be removed and used for salad, croquettes, or timbales.

Part of the meat and vegetables may be browned, or some caramel added to give color and flavor.

Consommé is usually cleared and served thin with a garnish of a single vegetable or combinations, or of noodles, royal custard, macaroni, or other Italian paste.

The garnish gives the name to the consommé.

Clear Soups.

After stock has been strained and cooled, the portion next the fat often may be used without further clearing, while the thicker portion below may serve for brown sauces or thickened soups.

Clearing soup is a wasteful process, but is sometimes desirable.

After removing all fat, with each quart of cold stock put the white of one egg beaten slightly and more seasoning if required. Sometimes one-fourth pound of raw beef chopped fine is used to aid in the clearing and to give a fresh flavor of meat.

The kettle should be placed where it will heat gradually and the mixture be stirred until near the boiling point, then allowed to cook gently for twenty minutes. If the stock boils rapidly the egg will be broken in small flakes, making the liquid cloudy instead of clear. All bits of solid substance should unite with the egg in a thick scum. After that is removed the stock should be strained through a cloth.

Quick Bouillon.

Tie in a piece of cheese-cloth a small onion cut fine,

half a bay-leaf, a blade of mace, two or three cloves and peppercorns, and cook this in three pints of water for half an hour, or till reduced to one quart. Then add one teaspoon of beef extract, season with salt, and pour over the rice, royal custard, or other garnish placed in the tureen.

Macaroni, Vermicelli, or Noodle Soup.

Cook one-fourth cup of macaroni or other Italian paste until tender, then add to one quart of hot brown stock.

Julienne Soup.

To one quart of stock add one-half cup of mixed cooked vegetables cut in strips, cubes, or fancy shapes.

Consommé Royale.

Beat one egg slightly, add two tablespoons of milk, water, or stock, season with salt and pepper, and strain into a cup. Set in water and steam or bake until firm. Cool and cut in slices and then into fancy shapes, and add to one quart of consommé. This custard may be flavored with grated cheese or chopped parsley. Part of it may be colored green or pink, and thus give a varied garnish for the consommé.

Cream Soups.

These are a combination of the white or cream sauce with vegetable pulp or white stock, or with both.

Such soups are rather heavy for dinner, but are suitable for the main dish at luncheon.

The vegetables are cooked till soft, rubbed through a strainer, and, except potatoes, are used with part or all of the water in which they were cooked.

The proportion of thickening varies with the density of the pulp used, but even beans and potatoes need a little flour to hold liquid and pulp smoothly together.

A speck of soda mixed with the milk before scalding will prevent curdling after combining with other materials. To be at their best, cream soups should not be prepared long before serving.

More hot milk may always be added if the soup is too thick. Beaten egg mixed in just before serving will remedy undue thinness.

A garnish of unsweetened whipped cream may be put on the soup after it is in the tureen.

The quantities given here are for one quart of soup, which will serve four or more persons.

Cream of Asparagus.

Reserve the tips from one can of asparagus, cover the stalks with water, add a slice of onion, and cook for half an hour; then strain. There should be one pint or more of liquid. To this add one pint of white sauce, the tips of the asparagus, and salt and pepper as desired. Use fresh asparagus, after cooking in the same way.

Carrots, Cauliflower, Celery, Corn, Cucumbers, Lettuce, Mushrooms, Spinach, Summer Squash, Turnips, and Watercress may be prepared like the asparagus.

Onion Soup.

Peel and slice four large onions, scald, and drain. Cover with cold water, and simmer till very soft. Mash through a vegetable strainer, add one cup of milk, and heat again. Cook one tablespoon of flour in one tablespoon of butter, and gradually add the liquid from the onion till smooth and thin enough to pour

into the soup. Season with one teaspoon of salt and one saltspoon of pepper. Beat one egg, add one cup of cream, and stir in quickly as it is taken from the fire.

Cream of Tomato, or Mock Bisque Soup.

Stew tomato, canned or fresh, with a few peppercorns and bits of bay-leaf, mace, parsley, etc., for half an hour, then strain. Add one saltspoon of soda for each pint and mix with an equal quantity of thin white sauce and one cup of hot cream.

Cream of Green Peas.

Peas that are too old and hard for the table may be used in soup. Cook one quart of peas in one pint of gently boiling water till soft. Mash through a sieve with the water. Add one pint of white sauce. Season with one-half teaspoon each of salt and sugar, one-fourth teaspoon of pepper, and if too thick add more hot milk.

In the same way prepare Lentils, Black Beans, and Split Peas after soaking and cooking for five or six hours. From one-half to one whole cup of dried peas or beans will be needed for each quart of soup.

Baked beans combined with some gravy from roast meat, flavored with tomato ketchup, and reduced with water to the right consistency, make a good soup. Thin slices of lemon and hard-boiled eggs often are used to garnish such soups.

Cream of Potato.

Mix one cup of mashed potato with one pint of hot milk; add one cup of white sauce, flavor with salt,

pepper, celery salt, and onion juice. Half potato and half white turnip also makes a good soup.

Cream of Chestnuts.

Mix one cup of cooked and sifted chestnuts with one pint of white stock and one pint of white sauce.

Cream of Chicken.

In one pint of chicken stock cook one-fourth cup of chopped celery and onion for fifteen minutes, or season with celery salt and onion juice. Mix the stock with an equal quantity of hot white sauce. Season, strain, and serve.

For a garnish use fine chopped parsley or yolks of hard-boiled eggs rubbed through a strainer.

This soup may be made thinner, and a little tapioca or sago cooked in it until transparent.

Cream of Fish.

The head and bones of a three-pound cod or haddock will yield a pint or more of stock. Use this in place of the chicken stock above and omit the celery.

Cream of Cheese.

To one quart of cream of chicken, omitting celery and onion, add one-half cup of grated cheese and a speck of soda. Season with salt and paprika. Blend with beaten yolks of two eggs just before serving.

Cream of Salmon.

One cup — or half can — of salmon free from skin and bone, and minced fine, is mixed with one quart of milk slightly thickened. A cup of oyster liquor may be used in place of part of the milk.

Peanut Purée.

Remove shell and skin from fresh roasted peanuts, chop or pound fine, and cook in white stock for an hour, using one cup of nuts to one quart of stock, or one-half cup of peanut butter. Season with salt, paprika, and a few drops of onion juice. Thicken with butter and flour cooked together if desired.

Cream of Indian Corn.

Mix one tablespoon of flour with one-fourth cup of corn-meal and one level teaspoon of salt; make it into a thin paste with a little cold water, and stir it into one quart of rapidly boiling water, which is in the top of the double boiler placed directly on the stove. Stir well for five minutes, then place the pan over boiling water and cook thirty minutes. Add milk or cream to thin it sufficiently, and season with pepper or paprika. Just before serving put in one cup of pop-corn.

Tomato Soup.

Rinse one-fourth cup of rice, and cook gently in two quarts of boiling salted water till the starch cells burst. There should not be more than a generous quart of the starch when boiled. Stew a can of tomatoes for half an hour, seasoning, when first put on, with a teaspoon of salt, a level saltspoon of pepper, a tablespoon of sugar, a medium-sized onion sliced, three cloves, one small bay-leaf, and a little nutmeg. Rub the tomato when done through a soup strainer into the rice-starch and taste to see if the seasoning is right, adding salt or pepper if necessary. Now add a cup of whipped cream and serve. This is delicious and easily prepared.

Succotash Soup.

Pick over and soak over night one cup of dried Lima beans. In the morning rinse, drain, and put on to boil in two quarts of water. Cook slowly till the beans are soft. When nearly done, chop one can of sweet corn as fine as possible, and stir it into the beans. Let it cook five minutes, then turn the whole into the strainer, and rub the pulp through. Put it over the fire again and add to it one pint of white sauce. Season with one teaspoon of salt, one-eighth teaspoon of paprika, one tablespoon of sugar, and a trace of nutmeg.

Hulled Corn Soup.

The flavor of hulled corn is especially agreeable to those accustomed to this dish in childhood. If one wishes to serve it in a modern way, a soup or purée will be found to be delicious. Mash the corn until fine and sift it through a purée strainer; or chop it fine before sifting. Stir in hot milk enough to make it the consistency of any cream vegetable soup. Put it on to boil and add salt and pepper to taste, and a generous tablespoon of butter for each quart of the mixture. Serve it with croutons. It will have a slightly granular texture, and if this is not liked, the usual flour thickening may be added.

Fruit Soups.

Soups made from fruit juices only slightly sweetened, thickened with arrowroot, and served cold in bouillon cups, are quite acceptable in hot days.

The following formula for a cherry soup will serve as a guide for making others, the amount of sugar and

thickening needed varying with the acidity and texture of the fruit used.

Cherry Soup.

Allow a pint of water to a pint of fruit. Pick over and wash one pint of cherries, the nicer the better, although the small sour cherries are sometimes used. Put them into a stew-pan with one pint of cold water and let them cook five minutes. Then rub through a hair or granite strainer, and heat again. Add one-half cup of sugar, not enough to make it sweet, but just to take off the sharp twang. Rub one tablespoon of arrow-root or cornstarch to a paste with one tablespoon of cold water, stir it in when the liquid boils, and cook two or three minutes, or until clear. Some fruits will be improved by the addition of a tablespoon of lemon juice.

Set away to cool and serve with cracked ice in cups or in glasses.

Serve with zwieback or toasted wafers.

Swedish Soup.

Cut up two quarts of apples and boil with two quarts of water until tender. Strain and put the juice on to boil again with a bit of stick cinnamon, lemon peel, and sugar to taste. Mix one tablespoon of corn-starch with one cup of water, and pour into the apple juice while it is boiling. Put in preserved cherries, which have been steeped in sugar and water, and add the apple pulp. Serve cold as soup, and put in cubes of lemon jelly when ready to serve.

Entrees.

General Directions for Warming over Meats.

Remove everything uneatable, bones, gristle, or skin. Cut in pieces of equal size, or chop fine. Moisten with gravy or stock, season moderately, and serve hot. Meat thus prepared may be put on slices of toast, or placed in a deep plate or vegetable dish, covered with mashed potato, and baked until the potato is brown, or prepared with the potato as hash, or combined with buttered crumbs in an escallop.

Hash.

Twice as much chopped or mashed potato as meat, or equal parts of each. The meat may be one-fourth fat; chop it fine, add the potato, and chop again. Season with salt and pepper, the quantity to be varied with the nature of the meat; moisten with milk, water, or stock. Melt a tablespoon of fat for each cup of hash in a frying-pan, spread the hash in evenly, and cook slowly for about twenty minutes. Shake the pan occasionally to prevent sticking. Roll or fold without breaking the brown crust. Or the hash may be put in a buttered pan and baked in the oven.

A slice of onion or stalk of celery chopped fine with the potato gives an agreeable flavor for a beef hash.

Some housekeepers have not yet grasped the idea that a hash may be made from anything but corned beef or salt fish, yet ham, lamb, chicken, halibut, salmon, or any meat or fish combined with potato well seasoned and carefully warmed makes an acceptable

hash, which may well be the principal part of the breakfast or luncheon.

Vegetable Hash.

Chopped beets, turnips, and cabbage may be added to a hash of corned beef and potato. More often the potato is mixed with an equal bulk of the other vegetables in any proportion in which they happen to be left from other meals, especially from a boiled dinner. This hash is heated and browned slightly like any other.

Steak Hash.

Bits of broiled steak left over may be chopped fine and put with a remainder of scalloped onion and mashed potato and will make hash for a relish the next day with boiled or scrambled eggs.

Scalloped Meat or Fish.

One measure of meat, poultry, or fish chopped or cut fine, one of sauce or gravy, one of stale bread or coarse cracker crumbs, or boiled rice, or macaroni. Season either meat or sauce highly with salt, pepper, onion juice, celery salt, or whatever is liked and is convenient at the time.

Unless the meat is quite fat, melt one ounce of butter to mix with each cup of crumbs. In a pudding dish put a layer of crumbs, then meat, moisten with sauce, and proceed till the dish is full, having crumbs on top.

To prepare baked fish the following day for breakfast or luncheon, remove all skin and bones, and mix fish, stuffing, and sauce together; moisten with milk if there was not sufficient sauce. Put in shells or a shallow pudding dish, cover with buttered crumbs, and bake till hot and brown.

Chartreuse of Rice and Meat or Fish.

Boil one cup of rice in two quarts of boiling water till tender; drain and line a mold. Fill with one pint of cold meat or fish, well seasoned and moistened with one cup of tomato sauce, or with one cup of stock mixed with one beaten egg. Cover with the rice and steam or bake in a pan of water for about forty minutes. Turn from the mold and serve with tomato sauce. Boiled hominy or mashed potato may take the place of the rice.

Minced Meat on Toast.

One pint of cold roast or stewed beef, chicken, lamb, or veal, freed from bones, skin, and gristle, and cut fine. Moisten slightly with hot gravy, milk, or water, or tomato, season to taste with salt and pepper, and when hot spread it on toast. Add one tablespoon of butter if only water is used for moisture.

Meat Cakes or Fricandelles.

Mix one cup of chopped cooked meat, one cup of bread-crumbs, one-half teaspoon of mixed herbs, one saltspoon of salt and a speck of pepper, with one beaten egg and one or two spoonfuls of milk. Shape in small cakes and brown in hot butter.

Chicken Timbales.

Mix thoroughly one pint of chopped chicken, one cup of stale bread-crumbs or chicken stuffing, one-half teaspoon of mixed herbs, one saltspoon of pepper, one-half teaspoon of salt, and moisten with one cup of milk, or stock, and two beaten eggs. Celery salt, cayenne, parsley, onion and lemon juice also may be used for seasoning. Pack in small molds well but-

tered, and steam about fifteen minutes. Turn from the molds and serve with or without a sauce.

Veal or Lamb may be used instead of the chicken.

Creamed Codfish.

Soak in cold water, pick apart, and put in fresh cold water; let it heat, but not boil, and change the water again and again till the fish is fresh enough. Then drain and combine with white sauce.

Fish Timbales.

To each cup of creamed fish, salt or fresh, add one well-beaten egg and more seasoning if desired. Pack in buttered cups, or in one dish, and steam or bake until firm enough to turn from the molds.

Jellied Meat.

Trim all the meat from a cold roast of veal or lamb and stew in a little water till tender and thoroughly scalded. Drain, pick over, cut fine, season highly. After removing fat from the broth let it boil away till there is about one-half cup to each cup of meat. In each cup of stock dissolve one tablespoon of gelatin. Mix with meat and mold in a bread pan. After chilling cut in slices.

Salmon Loaf.

Mince one can of salmon; add one cup of stale bread-crumbs (the white, without crust), two beaten eggs, one-half cup of milk. Season to taste with salt, pepper, parsley, and lemon juice. Put in a mold and steam or bake for thirty minutes. Turn from the mold and serve hot with a white or Hollandaise

sauce. Remnants of a baked fish and its stuffing may be used in place of the salmon and bread-crumbs.

Fish Left-Overs.

Equal parts of mashed potato and cold cooked fish, halibut, haddock, cod, or salmon, freed from bone and skin. Make the fish quite moist with hot cream, or white sauce, and season highly with onion, parsley, salt, and black pepper. Fill small baking dishes, shells, or ramekins with the fish mixture. Beat the potato until smooth, and to one cup of potato add one beaten yolk of egg to make it hold together, and mix them thoroughly. Put the potato over the fish in some fancy shape or scroll, using a pastry bag and star tube for the purpose. Set the dishes in a pan of hot water and brown slightly in a hot oven.

Pickled Fish.

Cut into pieces for serving any kind of white fish, boiled and cold. Boil one pint of vinegar with one-half a bay-leaf, one teaspoon of cloves, and one tablespoon each of allspice and peppercorns for twenty minutes. When it is cold pour it over the pieces of cold boiled fish. When ready to serve, pour off the vinegar and garnish with parsley.

Codfish Puff.

Soak and pick into half-inch bits enough salt codfish to make a solid half cup. Pare and quarter a heaped cup of potatoes. Cook them together in boiling salted water until the potatoes are tender. Drain off every drop of water. Mash well, add one tablespoon of butter, a few shakes of pepper, and beat until no fish can be seen except by the fine threads.

Beat two eggs very light, and beat them well into the fish. The mixture should be very soft and creamy.

Have the bottom of a spider or omelet pan covered with hot salt pork fat, put in the fish and spread it evenly over the pan half an inch thick. Cook slowly until a brown crust has formed, then loosen it round the edge, and roll one side over and turn out like an omelet.

Fish Balls.

One cup of salt codfish, soaked and picked fine, and two heaped cups of potatoes, boiled twenty minutes. Drain, mash, and beat fine with one tablespoon of butter and a dash of pepper. Cool slightly, and add one well-beaten egg. Take up a small tablespoonful, smooth off, and slip the ball into deep hot fat. Keep the fish in a bowl of cold water while picking it apart, and it will need no further soaking, and if thoroughly mashed and beaten with the potato, it will blend better than if it had been chopped, and will be recognized only by the taste and the presence of fine thread-like fibers. The water should be well drained off when the potatoes are done, and the egg should not be added till the mixture is cool, otherwise it will be cooked, and this will merely make the mixture rich but not light. The fat should be hot enough to brown a piece of bread while you are counting forty, and should be free from all crumbs or sediment. Crowding the balls will cool the fat, so fry only four or five at a time. This same mixture may be shaped into flat cakes and browned on each side in hot salt pork fat.

Left-Over Fish Balls.

Every one recognizes the difference between fresh

hot mashed potato and potato that has been allowed to become cold and then chopped and warmed over, but each may be perfect in its way. This same difference will be found in all combinations of potato with fish, meat, etc., and fish balls or hash made with fresh hot mashed potatoes will be quite unlike the same amount of fish or meat mixed with cold chopped potatoes.

Salt or fresh fish may be used. Fresh fish which has been fried gives a good flavor.

Chop the fish rather coarsely, being careful to remove all fine bones, then mash it fine. Chop about twice the amount of cold potatoes and mix them thoroughly with the fish; season with pepper and moisten with the drawn butter gravy left over, or with a little cream or white sauce. Fry out several slices of fat salt pork, drop a spoonful of the mixture in the hot fat, pat it down flat and even, and turn over when brown. Serve a poached egg or half of a hard-boiled egg on each fish cake, and garnish with a fan of pickled cucumber.

Pink Fish Balls.

Use salmon fresh or canned, mix with warm mashed potato, and season. Dip in melted butter and broil under the gas flame.

Finnan Haddock Fish Balls.

One pint of fish minced fine and mixed with one cup of thick sauce made with one-fourth cup each of butter and flour, and one cup of milk. Season with salt and pepper and add one beaten egg. Drop by teaspoonfuls in deep hot fat, or cool the mixture and prepare like croquettes before frying.

Soufflés.

For each cup of white sauce, or an equally thick paste of bread and milk, use from one-half to one cup of cooked meat, poultry, or fish chopped fine, and from one to three eggs. This is a combination of creamed meat with a puffy omelet, and the degree of puffiness depends upon the number of eggs used.

Mix the meat with the warm sauce, season highly. Add a few stale white bread-crumbs if the meat is moist and a spoonful or two of milk if it is dry. Canned salmon, for example, will be very moist, while roast meat will be dry.

When cool add the well-beaten yolks and stiff whites of the eggs. Fill buttered molds and stand in a pan of water, and cook in a slow oven until puffed and firm. This may be baked in one large mold, but small ones are better. It should be served in the dish in which it is cooked. Paper cases, scallop shells, or ramekins are used. Serve hot, with or without a sauce.

Vegetable soufflés are made without the sauce, the potato, parsnip, peas, or whatever is used being moistened with cream or milk before folding in the beaten eggs.

Swedish Timbale Cases.

Two eggs, one-half cup of milk, one cup of flour, one saltspoon of salt, one teaspoon of sugar, one tablespoon of oil or melted butter. Do not separate eggs, but beat the whole mixture together till smooth.

The timbale iron must be heated in the kettle of deep fat. Drain it, wipe on clean paper, and dip into the batter which should be put in a large cup or small

deep bowl. Hold the iron there till a coating of the batter adheres to it, then put it back in the fat, and cook till crisp and light brown. Drain on paper.

This quantity will make twenty or more of the cases. They may be made several days before they are to be used, and heated in the oven just before they are filled with creamed sweetbreads, etc.

Fritter Batter.

Use the same proportions as for the timbale cases, but separate the yolks and whites of the eggs and fold in the whites last. One teaspoon of baking powder may be added and one egg left out.

The yolks of the eggs are sometimes omitted.

Apple Fritters.

Core and pare three or four apples, but do not break them. Cut them in slices one-third of an inch thick, leaving the opening in the center. Sprinkle with sugar, lemon, and spice. Dip each slice in the fritter batter, and fry in hot fat. Drain and sprinkle with powdered sugar.

Other fruits, clams, oysters, tripe or small sections of cooked meat may be covered with the same batter and fried. One tablespoon of lemon juice or vinegar often is added to the batter for meats and fish.

Meat Dumplings.

Season one cup of fine chopped cold meat and mix with the unbeaten whites of two eggs. Shape in balls or drop from a spoon into hot water or tomato sauce. Cook five minutes or more, and serve on toast.

Macaroni.

The preparation of macaroni, spaghetti, vermicelli,

etc., is much like that of cereals. Each is cooked in boiling salted water until tender, twenty to forty minutes, according to the size and shape. If drained and put in cold water for a short time it will keep its shape without sticking together. Then it may be cut in rings for soup, or short sections to line timbale molds, or for croquettes, or to serve in a sauce.

One-fourth of a pound package of macaroni will measure about one quart when cooked.

Macaroni with Cheese.

Mix together, or put in layers in a dish, one pint of boiled macaroni, one cup of thin, white sauce highly seasoned with salt and pepper, and from one-fourth to one-half cup of chopped or grated cheese. Sprinkle with buttered crumbs and bake until hot and brown.

Macaroni with Eggs.

Omit the cheese in the preceding recipe and add two hard-boiled eggs, chopped fine and seasoned with salt and pepper.

Macaroni with Ham.

To the macaroni and sauce add one cup of fine minced ham, seasoned with mustard, and beat one raw egg into the white sauce.

Macaroni with Oysters.

Add one cup of oysters, highly seasoned with salt and pepper, to one pint of macaroni. Moisten with one cup of cream or sauce. Cover with crumbs and bake.

Macaroni Croquettes.

Moisten one pint of boiled macaroni, well drained, and cut fine with one cup of thick, white sauce and one

egg beaten. Season with salt and pepper and one-quarter to one-half cup of grated cheese. Shape when cool.

Macaroni with Tomato.

Fry one teaspoon of chopped onion in one tablespoon of butter until slightly colored; add one tablespoon of flour, and when well mixed add gradually one and one-half cups of strained tomato and half a teaspoon of salt. This may be mixed with the macaroni alone, or with the addition of the cheese or the oysters.

The macaroni may be baked or reheated in a double boiler with the tomato sauce.

Macaroni with Rabbit Sauce.

Melt one-fourth pound of cheese, cut in bits, in a double boiler with one-half cup of cream, season with salt, pepper, and mustard, and add one beaten egg. Have one pint of macaroni heated in a little cream and pour the rabbit over it. Sprinkle with coarse crumbs browned in butter.

Noodles.

Break two eggs into a bowl and stir in sifted flour to make a very stiff dough. Knead it until very dry and smooth. Do not add salt, for German cooks think the salt makes them tough and sticky. Divide in convenient portions and roll as thin as paper. Let them dry on a floured cloth for an hour. When dry roll up lightly like a jelly roll and slice off in thin shavings. Then unroll them and dry again. Drop them into rapidly boiling salted water, a few at a time, and cook them ten minutes. Drain and put them in soup, or prepare like macaroni.

Croquettes.

Croquettes may be made from almost any food material. The crisp, brown outside is attained by rolling in egg and crumbs and frying in deep fat. That process is common to all croquettes, and all varieties may be grouped under two heads, those having a basis of white sauce, and those which have not. Some are made of meat and fish cooked tender, minced fine, while the sauce is double the usual thickness, and egg is sometimes added to these.

Others are made of vegetables, and egg alone is generally used to hold them in shape. These two classes may unite in one, as in fish balls where sometimes creamed salt fish is combined with potato and egg, or in macaroni croquettes.

The difficulty some cooks experience in making croquettes is due chiefly to the variability of materials, especially in the amount of moisture. It is practically impossible to cover this by any recipe. The way meat or vegetables are cooked, drained, and chopped or mashed makes a difference in the amount of sauce needed to shape them into croquettes. The temperature at which the croquettes are handled is another important point.

The ideal croquette should be soft and creamy inside when served, and yet keep its shape, and be crisp and brown outside. It is not necessary to use one kind of meat, fish, or vegetable, often two or three are combined in one form. Chicken and veal, or either, or both, with brains, sweetbreads or mushrooms, or oysters are often found in one recipe.

Equal quantities of meat and sauce, or more of either one, may be used. When the meat or fish is moist (canned salmon, for example), the sauce should be a trifle thicker than when baked fish or roast chicken is used. When the meat is chopped fine, more sauce may be used than if it were cut in small cubes. A meat chopper shortens the preparation. Meat becomes pasty when chopped while hot.

So much depends upon the seasoning already given the meat that no recipe can be followed implicitly. Frequent tasting should be the rule. Celery salt goes well with veal and chicken; lemon juice with fish; mustard with ham and sometimes with fish; cheese with macaroni and rice. A suspicion of onion with almost everything. Tasteless meat, even that from which bouillon has been made, can be transformed into savory croquettes with a tomato sauce and a flavor of onion. Though the flavor had been taken for the soup, much of the nutriment remains in the meat.

After meat, sauce, and seasoning are thoroughly mixed, the whole is to be spread in shallow pans to cool. These pans or plates should be greased or lightly sprinkled with fine crumbs. A piece of paraffin paper placed on top the mixture while it is cooling prevents the formation of a skin-like crust. This mixture should be thoroughly chilled; it may be made one day and fried the next.

For the second class of croquettes, including all such as potato, parsnips, beans, chestnuts, etc., the cooked vegetable is mashed, seasoned, and with it is mixed beaten egg, or the yolk only. These croquettes are usually shaped while warm, since they hold together better, and are less liable to crack while frying.

Shaping.

The standard shapes for croquettes are the cylinder, the cone, and the cutlet, though as many other forms may be made as the ingenuity of the cook can devise. It is a question whether apples, chickens, etc., are desirable forms in which to serve such compounds.

The first step is to divide the mixture into the desired number of portions, making them uniform in size, a rounded tablespoonful is about the right quantity for each one. The hands may be dampened with water or milk to prevent the mixture sticking, or fine crumbs may be dusted over board and hands as flour is used with dough. If for any reason the mixture is too soft to handle, a very little cracker dust may be stirred into it.

First roll the spoonful into a round ball, then put on the board with a few crumbs, and gently roll till a cylinder shape is secured, or tip the hand so that one end receives more pressure to get the cone shape. Then lightly lift in the hand and flatten first one end and then the other on the board. For the cutlets or chop shape, flatten the ball and curve and point one end.

When all are ready put more crumbs on the board, dip each croquette in beaten egg, drain and roll over in the crumbs. The whole egg or the whites only are used for crumbing. When beaten too little the egg slips off the croquette, leaving part of the surface bare; if beaten too much, air bubbles break with like effect. With each egg one or two tablespoons of milk or water should be mixed. A palate knife may be used to roll the croquette over in the egg till all parts are coated. The crumbs may be either bread or cracker, but the

former are to be preferred as they brown better in the frying and do not have the greasy look common when cracker crumbs are used.

If not convenient to fry, after egging and crumbing, roll over in melted butter and bake in the oven under a gas flame. The egg in the mixture is desirable when the croquettes are to be cooked in this way as it helps keep them in shape, for the crust is not quite so firm as when they are fried.

A white, brown, or tomato sauce may be made thick and used for croquettes. Gravy left over with meat can be utilized by adding more flour and cooking thoroughly, or by the use of some cracker dust in mixing the croquettes.

Frying.

The fat may be a mixture of several kinds or one alone. It should be hot enough to brown the croquettes in about one minute. To test it drop in a bit of white bread-crumb which should become brown in half a minute. Lift the frying basket with a long fork, and have a tin plate to set it in when taken from the fat. Dip the basket in the fat and put in only from three to five croquettes at once as more will cool the fat too much. Keep them under the fat all the time. When brown, lift the basket, drain over the fat, and then on soft paper. If they are lifted out and put back again, or are in the fat too long, or are not evenly crumbed, or are too large there will be a tendency to break open.

Garnishes for croquettes are varied: the lobster claw, the paper decoration, parsley, fresh or fried, and many others.

If sauce is to accompany croquettes, it should not be allowed to spoil the crispness and, therefore, better be served in a separate dish.

Croquettes or Cutlets.

One solid cup (or one-half pound) of cooked meat, chopped fine. Season chicken or veal with one-half teaspoon of salt, one-half teaspoon of celery salt, one saltspoon of pepper, a speck of cayenne, a few drops of onion juice, one tablespoon of lemon juice, one teaspoon of chopped parsley. Season lobster and other fish with salt, paprika, mustard, and lemon. Mix with a thick sauce, made with one ounce of butter, two tablespoons of corn-starch, or four of flour, and one cup of milk or stock. Spread on a plate to cool. Shape. Roll in crumbs, eggs and crumbs. Fry one minute. Drain on paper.

Apple Croquettes.

Stew apples till soft with very little water, and beat till smooth, or rub through a strainer. To each cup of this sauce cold, add two tablespoons of sugar, one-half cup of cracker or shredded wheat biscuit crumbs, one saltspoon of salt, two saltspoons of nutmeg; stand in cold place for an hour, then carefully shape like small apples, crumb, cover with egg, crumb again, fry in deep fat, and insert clove to represent blossom end of apple, and another clove at opposite end for a stem.

Nut Croquettes.

Soak one cup of stale white bread-crumbs in one-half cup of milk, mix with one cup of chopped walnuts or mixed nuts, season with salt and pepper, add the beaten yolks of two eggs. Shape, egg, and crumb.

Surprise Croquettes.

In shaping the croquette flatten out the mixture and roll up in it some other substance: a lump of stiff currant jelly in rice, a few green peas in salmon, an oyster (parboiled) in fish, creamed meat in potato, etc.

A croquette may be dipped in a fritter batter instead of in egg and crumbs, but will have a less regular surface.

Potato Croquettes.

Boil the potatoes, mash thoroughly, or put through the ricer. With one pint of the mashed potato put one tablespoon of butter, one teaspoon of salt, and one beaten egg. Mix and moisten according to the dryness of the potato with about one-fourth cup of hot cream or milk. Shape as usual, roll in crumbs, beaten egg, and crumbs again, and fry in smoking hot fat.

Chestnuts may be prepared in the same way.

Farina Croquettes.

Put one-half pint of milk into a double boiler, add slowly one-fourth cup of farina, stir till it thickens, then remove from the fire, add the yolks of two eggs well beaten, one-half teaspoon of salt, a dash of pepper, one tablespoon of fine chopped parsley, and turn out to cool. When cold form into small cylindrical croquettes, dip into egg, then in bread-crumbs, and fry in hot, deep fat. Drain and garnish with parsley.

Salads and Salad Dressings.

MEAT salads are suitable for the substantial dish for a family luncheon, especially in warm weather. A salad for dinner should always be of some light vegetable, like lettuce, chicory, celery, etc., prepared with a French dressing.

The use of salads for winter foods seems wholly inappropriate to some persons, for they argue that it is not natural for green plants to grow in winter, and, therefore, such things are not suitable for food at that season. But with our artificial manner of living we require green food in winter almost as much as in summer.

Even without lettuce or celery, palatable salads can be made from the standard vegetables and fruits which we have practically all the year, like the apple, cabbage, potato, onion, and canned tomato.

French Dressing.

Use two or three tablespoons of oil to one of vinegar or lemon juice, season with salt and pepper, and mix thoroughly, adding the vinegar gradually. Tarragon vinegar may be used, or a few drops of onion juice.

Mayonnaise Dressing.

Mix together one-half teaspoon each of salt and mustard, a speck of cayenne, and one tablespoon each of lemon juice and vinegar. In another bowl beat the yolk of an egg slightly with fork or wooden spoon, and drop in the oil slowly; as it thickens add a little of the other mixture. The process will be more rapid if

utensils and materials are cold. Continue till one cup of oil and all the seasoning have been used. Keep the dressing in a cold place until nearly ready to serve the salad.

A half cup of thick whipped cream may be folded in just before serving, and more seasoning added.

The dressing may be colored with lobster coral dried and pounded, or with spinach green, parsley, or with the color pastes.

Never mix the mayonnaise dressing with the meat or fish until ready to serve, and then use only part of it, and spread the remainder over the top.

Mayonnaise Tartare.

This is simply the addition of chopped olives, pickles, parsley, capers, and onions to the mayonnaise. Use one-fourth cup in all, with one cup of dressing.

Boiled Salad Dressing.

Melt two tablespoons of butter in a saucepan, add two tablespoons of flour, cook together till frothy, but nôt browned, add one-half cup of vinegar, and continue cooking till the mixture thickens; then remove from the stove. Thoroughly mix one teaspoon each of salt, sugar, and mustard, and a few grains of cayenne, and sift into the vinegar sauce, stirring in smoothly. Heat one cup of milk in a double boiler, add two beaten egg yolks or one egg, and cook like soft custard, stirring constantly. When slightly thickened, remove the upper part of the double boiler, and gradually mix the custard with the vinegar sauce. Beat the two parts together with the egg-beater until perfectly smooth; strain. This may be kept for weeks.

Cream Dressing.

With a wire spoon beat one-half pint of sour cream with a tablespoon of sugar and with vinegar to offset the sweetness of the sugar. Thick cream makes a foamy dressing. Season with paprika and salt.

Cooked Cream Dressing for Fruit Salads.

Cook together two tablespoons of butter and three tablespoons of flour. Add one cup of sweet cream. Let it boil for five minutes, stirring all the time. Remove from the fire and stir in one-half cup of sour cream, the juice of half a lemon, a *very* little salt, and sugar to taste. Allow it to become perfectly cold. Pour the mixture over sliced apples or bananas, and set on ice one hour before serving. This will please those who find they cannot eat oil.

Remoulade Dressing.

Rub the yolks of two hard-boiled eggs through a sieve, mix with one raw yolk, and a seasoning of salt, pepper, and mustard. Little by little beat in one cup of oil, and as it thickens a few drops of vinegar.

Garnishes for Salads.

Edible garnishes are the only ones which should be allowed. Occasionally we may serve the salad in baskets made from the half skins of small grapefruit, oranges, or large lemons, or in apples or cooked beets, or the boat-like shape of a half cucumber.

Capers, olives, and pimolas are not only attractive for garnish, but will to some extent take the place of other "greens" in a salad.

When the olives stuffed with peppers are cut in

cross sections, the brilliant red center surrounded by olive green is a very effective decoration.

The canned Spanish peppers, "pimientos," cut in strips or fancy shapes, are a brilliant addition to a salad dull in coloring.

A medley of lettuce, parsley, capers, celery, eggs, tomatoes, and beets, or any similar variety of shades and colors, cannot be considered artistic. The best effects are produced by a few materials contrasting well, or by two or three shades of the same color. No intervening color can produce a good effect from a combination of tomatoes and red beets, nor can a combination of stewed tomato and yolk of egg be made very harmonious. The garnish should not detract from the main substance.

The materials at hand at the moment and the ingenuity of the maker must be depended upon rather than printed directions.

Asparagus Salad.

Serve tips of boiled asparagus with a French dressing. In the same way prepare string beans.

Apple, Nut, and Celery Salad.

Use equal parts or any proportion convenient at the time. Split the celery stalks, lay several together, and shave off in thin slices. Use almonds, peanuts, pecans, or walnuts, removing skins when possible, and cutting or chopping in small pieces. Do not prepare the apples until ready to put the mixture together. Cut them in eighths, pare and cut from the end in thin slices. Season the mixture with salt and paprika, and mix with French or mayonnaise dressing.

Use apple and nuts or apple and celery or celery and nuts in the same way. Serve on lettuce leaves or in bright red apples hollowed out to hold it.

Waldorf Salad.

This consists of equal proportions of apple and celery cut in small pieces and held together by mayonnaise dressing.

Apple and Onion Salad.

Boil one cup of vinegar, or if strong use half water. Mix one teaspoon of mustard, one teaspoon of cornstarch, one-half teaspoon of salt, and one-half saltspoon of pepper with one well-beaten egg. Stir this into the boiling vinegar and cook until creamy. Pour it over two mildly acid apples sliced and one onion chopped fine. Serve it in lettuce cups.

Banana Salad.

Remove the skin from six or eight bananas, leaving skins in good shape for refilling. Cut each banana in four strips and then across in thin slices. Season with lemon juice and salt, then mix with mayonnaise or cooked dressing, and put back in the skins.

Beet Salad.

Cut boiled beets in cubes and leave in a French dressing for an hour; then add one-fourth as much chopped olives.

Cabbage Salad or Cold Slaw.

Use the center of the cabbage for salad, shred or chop fine, and serve with French dressing. Or pour a hot cooked dressing over chopped cabbage, and serve after chilling.

Crisp, tender cabbage well flavored with celery salt can hardly be told from celery when combined with chicken and mayonnaise.

Cauliflower Salad.

Boil the cauliflower; drain carefully, and when cold serve with a French or mayonnaise dressing.

Celeriac Salad.

Boil the turnip-rooted celery, peel and slice and serve cold with any dressing. This root is an excellent addition to a potato salad.

Chicken Salad.

Equal quantities of chicken and celery are cut in cubes, moistened with a French dressing, and left for several hours. Just before serving mix with a little mayonnaise and place more on top.

To one quart of mixed chicken and celery allow one cup of mayonnaise. Use veal in the same way.

Chicory Salad.

This salad plant is not as well known as it deserves. The green ends of the leaves may be used like parsley for garnishing meats, the bleached portion is best for a salad. Wash and dry carefully, like lettuce, and serve with a French dressing.

Chiffonade Salad.

The pulp of one large grapefruit, a small head of lettuce or chicory shredded, one green pepper or sweet red pepper cut fine, a small quantity of cooked beets or fresh tomatoes cut in small pieces. Mix with French dressing and sprinkle with chopped parsley or

chives, or use mayonnaise if preferred. Serve in the skins of the grapefruit.

Crab Salad.

Remove the meat from the shells; mix with it enough mayonnaise tartare to moisten it. Put it in the cleaned shells, garnish with sliced lemon, cut in quarters, and lay one lapping over another around the edge.

Egg and Cheese Salad.

Place in the center of a platter a small cup of French dressing, surrounded by shredded lettuce. On one end put slices of tomato overlapping, on the other put a little pile of white and one of yolk of hard-boiled eggs, and one of cheese, pressing them through a potato masher into the places.

This is dressed as served, giving those who do not care for cheese or tomato a chance to have only the part they prefer.

Macedoine or Vegetable Salad.

Any convenient combination of cooked vegetables mixed with French or mayonnaise dressing flavored with onion juice, may be served under this name.

Nut Salad.

Chestnuts may be used alone, but other nuts are better in combination with other materials. Almonds and walnuts should be blanched and cut in thin slices.

Oyster Salad.

Parboil the oysters, and divide if large, heap on lettuce leaves, and cover with mayonnaise tartare.

Tomato Salad.

Select smooth tomatoes. Peel, cut a slice from the stem end, and remove the inside. Turn them over to drain, and drain the juice from the portion removed.

Pare two small cucumbers, cut in quarters lengthwise, and keep in ice water until ready to serve. Then wipe dry and cut in thin slices. Mix with them the drained portion of tomato pulp, and moisten with a little mayonnaise, and add more salt and pepper if desired. Arrange lettuce leaves like cups on the dish, put a tomato in each cup, fill it with the cucumber mixture, and put a teaspoonful of dressing on the top.

The tomato cup is to be eaten with its contents, and that is the reason the skin is removed. It is a great waste of the best part of the tomato to use it only as a receptacle for the mixture.

Potato Salad.

For one quart of sliced potato use one-half cup or more of oil, one teaspoon of salt, one saltspoon each of pepper and mustard, a little cayenne, one small onion chopped, and nearly one-fourth cup of vinegar, and some chopped parsley.

New potatoes are considered best for a salad. They should be cooked in their jackets in boiling salted water, as more of the potato flavor is retained if they are not pared. Take them out when not quite done. When cool, peel and cut them through the middle lengthwise, turn them over, and cut again; then, holding the whole together in your hand, slice off from the end into eighth-of-an-inch slices. In this way the pieces will be uniform in size and thickness.

Instead of the chopped onion it may be soaked in

the vinegar for half an hour, or a teaspoon of onion juice used. When in season, "scallions" are delicious in a potato salad, and a few blades of chives, finely minced, give a peculiarly appetizing flavor.

A little mustard may be used with the usual French dressing, and the salt, pepper, cayenne, and mustard mixed with a little of the oil, then poured on the potatoes. The oil should always be poured over the potato before the vinegar, that the potato may absorb it. If the vinegar be used first, the salad will be too acid, and the oil will often be found on the dish instead of enriching the potato. The amount of oil which the potato will absorb will depend upon the quality of the potato. Be careful to use only what the potato will take up. Add one tablespoon of chopped parsley and more salt if needed. It is better, if possible, to let it stand awhile, that the seasoning may penetrate thoroughly, before arranging it on the dish for serving.

Serve on a shallow dish or platter, banking it high in the center, and make the surface smooth. Then decorate it. A varied effect may be produced by different combinations of the yellow and white of hard-boiled egg, parsley, and just a dash of shredded beet, either raw or cooked. Press the white of the egg through a potato sieve, letting it fall on the middle of the mound, then the yolks in the same way on either end, and separate the two with a line of the fine parsley. Arrange crisp lettuce leaves around the edge. Do not have a heavy garnish.

Salad with Jellied Mayonnaise.

To one pint of mayonnaise dressing add one cup of

aspic jelly made with one cup of highly seasoned soup stock and one-half box of gelatin. Mix together when the jelly begins to thicken and beat thoroughly.

Line a mold with this and mix the remainder with about one quart of fish or meat or celery cut fine. Pack into the lined mold and set away to grow firm. Turn out on a bed of shredded lettuce. Or the salad mixture may be chilled and shaped like croquettes or cutlets, dipped in aspic or mayonnaise and garnished. Less gelatin may be used in cold weather.

Jellied Fish Salad.

Use any boiled fish or a can of shrimps, sardines or salmon picked apart in bits. Soak one-fourth box of gelatin in one-fourth cup of water, and dissolve with one cup of hot stock. Season with salt, pepper, and lemon juice, and mix with an equal measure of fish. Decorate one mold or several small ones with parsley, capers, sections of hard-boiled eggs, or any palatable garnish. Pack in the fish and jelly, and when firm turn out on the shredded lettuce and serve with a cooked or mayonnaise dressing.

Tomato Jelly Salad.

Soften one-half box of gelatin in one-half cup of cold water, dissolve with one-half cup of hot stock, add one pint of strained tomatoes, season to taste, and chill in molds. This may be mixed with an equal bulk of cold meat cut small or with baked beans before putting in the molds. Serve with lettuce or shredded cabbage and dressing.

Chaud-froid of Chicken.

Cut cooked chicken in neat pieces, removing nearly all

bone. Add two beaten egg yolks to one cup of white sauce and cook till thickened. Mix the sauce with one-half cup of seasoned chicken stock in which one tablespoon of gelatin is dissolved. When cool, dip the pieces of chicken in it. Give another coating, or one of aspic jelly when the first is firm. Serve on lettuce leaves.

Ham Mousse.

One pint of boiled ham chopped fine and highly seasoned; moisten with one cup of soup stock in which one tablespoon of gelatin is dissolved. When cool but not firm, fold in one-half cup of cream, whipped, and the stiff white of one egg. Put in molds and chill. Serve on lettuce with mayonnaise. A can of deviled ham may be used.

Surprise Salad.

Two cold lamb chops freed from skin and bone, and cut in bits. One cup of tomato jelly made from canned tomato, strained, seasoned, and stiffened with one-eighth box of gelatin. Fill small earthen cups with this jelly, and when firm on the edges, but still soft inside, mix some of the central portion with the cut meat and pack into the center again. When firm serve on shredded lettuce with a teaspoon of salad dressing for each portion.

Dinner.

Dinner.

Since this handbook is designed for use in simple every-day life, soups, salads, and made dishes are grouped under the head of luncheons, while dinner includes only fish, meat, vegetables, and desserts.

Where a more elaborate meal is required a soup may precede the fish, a salad may follow the roast, and entrées may be introduced as desired. But if the housekeeper is her own cook and waitress it is wiser to let the substantial soups and salads appear as the main dishes for luncheon or for supper, when dinner is served in the middle of the day.

There are no fixed laws regarding the choice of certain vegetables to serve with certain meats, though some have become associated by custom and because they undoubtedly harmonize.

A knowledge of the composition of common foods is essential for the woman who would plan her daily meals intelligently.

When fish takes the place of meat it is sometimes necessary to supplement the less nutritious varieties with rich sauces and with vegetables and desserts that afford considerable nutriment. On the other hand, roast beef or mutton or pork should be accompanied with lighter vegetables and simple puddings.

There is no doubt but that the average family would be better off in many ways if it consumed more fruit and vegetables and less meat.

Fish.

Preparation of Fish.

To remove scales, scrape with a knife from the tail slowly toward the head, occasionally rinsing the knife in water.

The inner organs of small fish may be pressed out through an opening near the gills. Large fish are cut half-way down and scraped clean.

Skinning.

To skin fish, cut through the whole length of the skin close to the fin on the back and remove that. Then cut the skin on the other side, loosen it around the head, and pull toward the tail. When a fish is not fresh it is difficult to separate the skin from the flesh. A sprinkle of salt over the skin makes it less slippery.

Boning.

After the skin is removed the flesh can be taken from the backbone. Begin at the back and with a sharp knife scrape the flesh from the bone, all the way from the tail to the head on one side, then do the same thing on the other.

The flesh of a flounder may be cut off in four strips or fillets of nearly equal size.

A slice of halibut is easily separated from bone and skin in four divisions.

Best Methods of Cooking.

Broiling and baking are the most satisfactory ways

of cooking fish, and the two methods are practically the same with the gas range.

Sections of fish dipped in melted butter or salt pork fat, sprinkled with fine crumbs, and broiled under gas have much the appearance and flavor of fried fish, and may be prepared without causing the odor of frying.

Fish Stock.

Separate the flesh from the non-edible portions before cooking whenever it is possible. It is not economical to leave the head on a fish to be baked, since it will be practically uneatable, nor can it be considered ornamental in the highest sense. But if cooked in water it would yield good stock. Skin may as well be thrown away, but all fish bones and trimmings should be treated like meat, covered with cold water, seasoning added, and cooked till the bones fall apart — about an hour.

This stock may be kept for a day or two and then used for a soup, when it would not be possible to keep raw fish.

Boiled Fish.

Unless the liquor is used, this is an extravagant way of cooking fish. When put into boiling water the fish should be in compact form and be wrapped in cheese-cloth, or the water must be skimmed carefully to prevent the froth from settling on the fish.

The time of cooking varies with the shape of the fish. The flesh must be firm and leave the bone readily. When cooked too long it becomes tough and tasteless. A few herbs may be put in the water, if desired, to vary the flavor of the fish.

Boiled fish requires rich and highly flavored sauces.

Boiled Salmon.

Scrape the skin of a four-pound piece of salmon, wipe, tie in cheese-cloth, and immerse in gently boiling salted water. Cover and cook slowly from thirty to forty minutes, or until the flesh will leave the bone easily. Drain, remove the skin, arrange on a platter, and pour white or egg sauce over or around it. Garnish with hard-boiled egg and lemon points, and serve with cucumbers and potato balls.

Steamed Fish.

Prepare as for boiling and put in a deep agate pan in a steamer with a slice of onion, a bit of bay-leaf, a few peppercorns, and a little salt.

Make a white sauce from the juice which gathers in the pan, to serve with the fish.

Fish Stew.

Bone a small haddock or slice of halibut and cook the head and bones in a pint of water for an hour with six or eight small onions. Put the boiled onions and the raw fish, cut in pieces and rolled in flour, in a stew-pan, strain the broth from the bones over them, and cook ten or fifteen minutes longer. Add one-half pint of oysters if convenient.

Just before serving thicken the broth with butter and flour cooked together, one-fourth cup of each. Season with salt, paprika, and lemon juice.

Baked Fish.

Spread some butter over an agate dripping pan or cover with thin slices of fat salt pork, sprinkle over it one onion minced fine, lay on this a thin slice of halibut or any small whole fish split down the middle.

Add one tablespoon of vinegar and spread thickly with butter and flour rubbed together. Bake until done, the time depending upon the thickness of the fish. Remove to a platter. When the pan is buttered or pork is laid under the fish, it is easily removed with a palate knife. Or a strip of cheese-cloth or tough greased paper can be put underneath and be drawn out with the fish.

Mix flour with the butter left in the pan, and add water until it is the desired consistency; add two tablespoons of cucumber pickles chopped fine. Pour this over the fish. Garnish with lemon points and parsley.

Baked Halibut, Stuffed.

Dip the black side of the skin in scalding water and scrape thoroughly. Next cut out the bone, but do not disturb the position of the flesh. Place in the buttered pan in which it is to be baked. Pull out the sides of the slice, making it nearly square in shape and leaving a larger space than the bone occupied.

Melt one ounce of butter, stir in one-half cup of cracker crumbs. Season with salt, pepper, and chopped onion or chives. Add the slightly beaten white of one egg and moisten with strained tomato. Pack firmly into the opening in the slice. Pour more of the tomato over and bake gently for half an hour if the slice is an inch thick.

Baked Shad.

Stuff the cleaned fish with buttered crumbs seasoned with salt and pepper. Sew and skewer in place, stand upright in the pan, brush over with butter, gash at

uniform distances, and bake about fifteen minutes to each pound. At the last add a cup of water with the juice of one lemon. Use this to make a brown sauce.

Boned Fish, Stuffed.

Cut the flesh from the bones of a three-pound cod or haddock in two long strips. Mix a cup of crumbs with two tablespoons of melted butter, season with salt and pepper, a few drops of onion juice, and a tablespoon of lemon juice. Add the whites of two eggs and milk enough to moisten the crumbs. Spread this between the strips of fish, or put fish and crumbs in layers in a buttered oval dish, and invert on a platter when done. Skewer together and bake for one-half hour. One-half pint of oysters may be added to the stuffing or to a white sauce to serve with the fish.

Fish Rabbit.

Bone halibut or haddock, cut in sections and dip in seasoned butter, and place close together in a deep plate. On top spread a mixture of fine crumbs and grated cheese moistened with milk and seasoned. Bake until the fish is done and the cheese mixture is browned.

Halibut Turbans.

Remove skin and bone from a thin slice of halibut; a cross-section of fish will thus be divided into four fillets. For a pound of halibut melt one tablespoon of butter; add one tablespoon of lemon juice, a few drops of onion juice, one saltspoon of salt, and a speck of pepper. Dip the fillets in this, then roll in the form of turbans, and skewer in place. Put the turbans on an agate plate or pan, pour the remainder of the pre-

pared butter over them, and bake fifteen to twenty-five minutes.

Halibut à la Poulette.

Garnish halibut turbans with hard-boiled eggs and serve with white sauce.

The turbans also may be rolled in egg and crumbs and fried in deep fat. In that case serve with them tartare sauce in lemon cups made by scooping out a half lemon.

Bass or flounder can be used in the same way.

Stuffed Smelts.

Clean the fish, cut down the thin part, and remove the backbone by pushing the flesh away from it and pulling it out. In each fish put about one tablespoon of rich stuffing, then draw the tail through the mouth. This will hold the stuffing in place without strings or skewers. Brush over with melted butter and bake for fifteen minutes.

Broiled Fish.

Remove head, tail, and fins, and split open. Remove backbone from cod or haddock; cut large fish in inch slices. Brush fish and broiler with melted fat. Broil the flesh side until brown, then turn the skin toward the coals; or with the gas stove put broiler and pan in the upper oven for the last five minutes.

Cook from ten to twenty minutes according to thickness.

Planked Shad.

Tack the shad on a thick oak plank already heated, skin side down, and bake in the oven or broil before coals or under gas for twenty to thirty minutes.

Finnan Haddie.

Parboil five minutes and then broil, as if fresh.

Salt Mackerel.

These should be thoroughly freshened by soaking flesh side down in water over night or longer; then broil or boil.

Fried Fish.

Clean, remove as much skin and bone as possible; divide large fish in sections of uniform thickness. Wipe dry, season slightly, roll in flour, then in egg and crumbs, and fry in deep fat like croquettes, or in a shallow pan, and turn while cooking.

Deep fat should be hotter than for doughs and not quite so hot as for croquettes, since the fish must have time to cook through. About five minutes is needed to fry fillets or turbans of fish.

Trout, pickerel or perch are usually rolled in corn-meal and cooked with fat salt pork in a frying-pan. Large trout may be baked.

Stuffing for Fish.

Mix one cup of coarse stale or dry crumbs, either bread or cracker, with one-half teaspoon of salt, a little pepper, and onion juice, and stir into one ounce of butter melted. Moisten with about one-fourth cup of water.

Lemon juice, vinegar, chopped pickles, capers, parsley, one or all, may be added to this stuffing.

For a dry crumbly stuffing use double the quantity of butter and omit the water.

An egg is added to aid in holding it together and to the fish.

Oysters, mushrooms, green peppers, etc., may be added to the stuffing.

Fish Forcemeat.

Chop any raw white fish and mix with each pound two eggs, one cup of thick white sauce (or one cup of cream and one cup of white crumbs), and season with salt, pepper, lemon and onion juice. Use to stuff a whole fish, or to roll up in turbans, or cook by itself like croquettes, or steam in a mold, or shape in small balls and cook in water to use as a garnish for soups, or to serve with a white sauce.

Broiled Oysters.

Dip large oysters in melted butter seasoned with salt and pepper, and then in fine cracker crumbs. Put on a buttered broiler and cook five minutes or more until the juice begins to run.

Fried Oysters.

Wash large oysters, parboil, drain, and sprinkle with salt and pepper. Roll first in seasoned crumbs, then dip in beaten egg mixed with one tablespoon of milk; roll in crumbs again. Fry one minute in smoking hot lard. Drain on paper.

Oysters are also fried in batter like tripe.

Oysters Suprême.

Parboil one pint of large oysters with a slice of onion, bit of mace, and sprig of parsley, and drain. Make a thick sauce with one-fourth cup of butter, one-half cup of flour, and one pint of oyster liquor and cream. Add one beaten egg or two yolks, and cook three minutes longer. Season highly with salt and pepper. One-

half cup of mushrooms or chicken chopped fine may be added to this paste. Dry the oysters, cover with the mixture, and cool on a buttered pan. Then dip in egg and crumbs, and fry. Or instead of the sauce use mayonnaise dressing. Let them stand five minutes, and if they seem moist, dip again in crumbs and cook at once in deep, hot fat one minute.

Steamed Clams.

Select clams in the shell, wash and scrub thoroughly, and change the water until clean. Put them in a kettle with a pint of water for half a peck of clams. Cover tightly and cook them until the shells open. Take out the clams, pour off the liquor carefully into a pitcher, and let it stand until clear, then pour off again from the sediment. Serve the clams in the shell with cups of the broth and small dishes of melted butter.

Fried Clams.

Remove steamed clams from the shells, taking off the thin membrane on the edge and the black heads. Rinse thoroughly, dry on a cloth, dip in batter (page 91), and fry.

Clam Fritters.

Chop twelve large clams very fine, season them with salt and black pepper, and stir in one-half cup of flour and two well-beaten eggs. When well mixed add more flour if too thin, then drop with a spoon into hot lard, and when brown skim out, drain on paper, and serve.

Scalloped Clams.

Cook one-fourth cup of soft bread-crumbs in one-half

cup of milk, and when thick add one tablespoon of butter, one saltspoon of salt and pepper, one teaspoon of chopped parsley, and one dozen large clams chopped fine. Sift in the yolks of two hard-boiled eggs, and then the whites, using a potato ricer. Fill large clean shells with the mixture, cover with buttered cracker crumbs, and bake until brown.

Clam Bouillon.

Steam the clams in the shells, and clear the liquor like any soup stock, seasoning as desired. Serve hot or cold in cups with a garnish of whipped cream.

To Select and Open Lobster.

Choose one that is heavy, of medium size, with a hard shell streaked with black.

Wipe it, break off the claws, separate the tail from the body, and the under part of the body from the shell. Remove the meat from the tail, claws, and the body, save the green, liver, and the coral, but discard the vein in the tail, and the gills, stomach, and head. Serve plain, or creamed, or in croquettes, etc.

Cook lobster only long enough to heat it, as longer cooking renders it tough.

Plain Lobster.

Cut the meat into small pieces and mix the liver with it; dry the coral and rub it through a strainer over the meat. Serve with vinegar, melted butter, or with salad dressing; or mash the liver to a smooth paste, season it with salt and pepper. Thin it with oil or melted butter and vinegar and pour it over the lobster.

Stewed Lobster.

Cut up the lobster. Allow one-half cup of milk to one pint of lobster. Heat the milk, add the lobster, one tablespoon of butter, and a little pepper. Boil up once and serve plain or on crisped crackers.

Scallops.

Rinse, parboil slightly in their own liquor, drain, and chop. Make a sauce by thickening the liquor with butter and flour, season with salt, cayenne, and one-fourth teaspoon of mustard. Put sauce and scallops together in a shallow dish, cover with crumbs, and bake until brown.

Scallops may be fried or used for soups like oysters.

Curry of Scallops.

Put one teaspoon of butter in a saucepan or chafing-dish, and when melted add one tablespoon of minced onion. After this is browned stir in one teaspoon of curry powder. Cook for five minutes, then add one pint of white stock, and let it simmer until reduced about one-half. Put in one pint of scallops, previously parboiled fifteen minutes, and cook from five to ten minutes. Add salt to taste.

Crabs.

The soft shell crabs cannot be obtained everywhere, and should never be used unless alive and in good condition. The spongy substance and sand pouch must be removed and the crabs rinsed. Then they are prepared in many ways like clams and oysters and lobsters.

Hard shelled crabs are to be found in the markets alive, boiled, and canned. The meat is usually

seasoned, mixed with a sauce, and served in the shells.

Frog's Legs.

The skin is generally removed before they are sent to market. Blanch for five minutes in boiling water containing salt and lemon juice. Wipe dry and dip in batter, or egg and crumbs, and fry in deep fat until brown. Or parboil and serve with a sauce.

Shad Roe.

Parboil the roe in salted water for five or ten minutes and drain. Then it may be seasoned and dipped in melted butter, and broiled or baked. Or it may be mashed, combined with seasoning, a few crumbs and beaten egg to hold all together, and then be shaped in balls or small croquettes which are rolled in egg and crumb and fried in deep fat.

Shrimps.

Fresh or canned shrimps may be used like lobster, in salads or in cream sauce, or as a garnish.

Meats.

Roast Beef.

Wipe, trim, and tie or skewer into shape. If there be a large piece of flank, reserve for soups or stews. Lay the meat on a rack in a pan, sprinkle the fat with salt and pepper, dredge all over with flour, and put it in a very hot oven, skin side down at first, that the heat may harden the juices in the lean part. When the meat is seared, baste with the fat and reduce the heat. Baste often and dredge with flour. When seared all over, turn and bring the skin side up for the final basting and browning. Bake twelve to fifteen minutes to each pound. If there be any danger of burning the fat in the pan, add a little hot water after the flour is browned.

Larded Fillet of Beef.

Trim the fat and gristle from the rump tenderloin. Cut strips of fat salt pork two inches long and one-fourth inch thick from near the skin, chill them, and with a larding needle draw into the upper side of the fillet. Sprinkle the meat with salt, pepper, and flour, and bake for about thirty minutes, basting two or three times.

Serve with brown gravy with or without mushrooms, or with tomato or horseradish sauce.

Pot Roast or Braised Beef.

Four to six pounds from the middle or face of the rump, the vein, or the round. Wipe and sear all over

in a frying-pan or under the gas flame. Add one cup of water, and place it where it will cook slowly. Use only water enough to keep the meat from burning, and have the cover fit closely to keep in the steam. Cook until very tender, but do not let it break. Serve hot or cold. The meat, cut in quarter-inch slices, may be reheated in hot butter

Thin Roasts and Thick Steaks.

Between these cuts there is no dividing line, yet both are still bugbears to many housekeepers. With a gas range there is no difficulty; the meat is placed on the broiler pan close to the flame until the one side is well seared, and then the other has its turn. Then the pan is moved further away from the flame, giving the heat a chance to reach the center without burning the outside, and the meat is turned again.

The same plan must be followed with other fuels—intense heat at first to sear the outside, then moderate heat to strike through the meat. First sear the meat over the coals or in a hot frying-pan without fat in it. Then finish cooking a thin roast in the oven.

Broiled Beefsteak.

Any tender section may be cut in steaks; loin, rump, and round each has its merits. Let the steak be cut just before cooking, and be more rather than less than an inch thick. Remove all the bone and gristle possible without loss of juice before cooking.

Brush over with oil or melted butter. Place near the heat at first until well browned, then move away, giving the heat opportunity to reach the center without danger of burning the outside. The time will

vary from five to fifteen minutes according to thickness, degree of heat applied, and the taste of the eaters. Prepared butters, anchovy, parsley, maître d'hôtel, etc., may be put on the steak or served in a separate dish.

Hamburg Steaks.

Chop fine one pound of raw lean beef or mutton with a small amount of fat. Salt pork may supply what the meat lacks. Season with one teaspoon of salt, a shake of pepper, and a few drops of onion juice. Shape in oval cakes about three-quarters of an inch thick. Broil or cook in a hot frying-pan from eight to ten minutes; more time is usually required than for a whole steak of the same thickness.

The meat may be put through a meat chopper more than once if it is desired to make it into a smoother mass.

Beef Cutlets.

Use any clear sections, not tender enough to cook quickly. Cut in convenient pieces for serving, and broil long enough to sear the outside. Then put in a pan with brown gravy or tomato sauce to cover, and cook in the oven at moderate heat for two hours or more.

Pressed Beef.

Prepare any of the less expensive cuts of beef for boiling. Season with salt, three whole cloves, and a large tablespoon of vinegar to each four pounds of meat. Cook slowly in a little water until tender. Remove all bones and skin and chop fine, adding more seasoning if desired. Place in a stone vessel and press.

When quite cold and firm the beef will slice easily. Serve cold, or dip slices in beaten eggs and bread-crumbs, and fry in hot fat.

Smothered Beef.

Remove bone, skin, and gristle, and cut in uniform pieces; sprinkle with salt, pepper, and flour. Put in a bean pot in the oven, or in a covered dish in a steamer, and cook for two hours, or until tender.

Make a brown sauce from the broth, or reserve that for soup, and serve the meat with a tomato sauce.

Any other meat can be prepared in the same way.

Corned Beef.

Choose a piece of beef which has a fair proportion of fat, and has not been in the brine many days. Cover with boiling water and skim carefully when it begins to boil. Very salt meat may be put on in cold water. Cook slowly, until so tender that it can be picked to pieces with a fork.

Let the water boil away toward the last, and let the beef stand in the water until partially cooled. Then lift it out of the water, and pack in a brick-loaf pan, letting the long fibers run the length of the pan; mix in the fat so that it will be well marbled, and press until cold.

Beef's Liver.

The liver should be cut in half-inch slices and left for ten minutes in boiling water. Then drain, remove skin, etc., dip in melted pork or bacon fat, and broil for five minutes or more, or fry.

Calf's Liver.

Prepare in the same way as beef's liver. The thicker

portion may be stuffed with crumbs, or larded with bacon or pork, and baked or braised, and served hot or cold.

Lamb's Liver.

This liver is delicate, and is not used as much as it deserves. It may be broiled, fried, or minced.

Minced Liver.

Boil any liver half an hour, remove all stringy portions, and chop fine. Moisten with stock or water and butter, and season with salt and pepper.

Serve hot with toast or potatoes.

Tripe.

As it comes from the market, tripe is usually cooked and often pickled. More cooking is generally needed to make it perfectly tender and, if pickled, to remove some of the vinegar. Then it is ready to prepare in different ways.

Almost any other tender cooked meat may be prepared in any of the ways suggested for the tripe.

Broiled Tripe.

Have the tripe boiled tender and thoroughly cooled and dried. Cut it in pieces to fit the broiler, cover with cracker dust, let it stand five minutes, then spread all over with melted butter or olive oil, and dust again with the fine cracker. Lay the tripe on the broiler and cook the smooth side first until slightly brown, then turn and brown the other side. Serve it with the honeycomb side up, that it may hold the generous portion of butter flavored with salt, pepper, and lemon juice, which is the best dressing for it, though for variety it may be served with mayonnaise tartare.

Tripe in Batter.

Tripe fried in crumbs is liable to be dry and horny; therefore, it is better to dip it in a batter, in which case the batter is crisp, but the tripe inside will be tender. After boiling and drying cut the tripe in pieces suitable for serving. Dip them in a batter, until well covered, but drain off all that will not adhere. Fry slices of fat salt pork until crisp and cook the tripe in the hot fat, turning when one side is brown. Drain it on soft paper and serve with the pork scraps; garnish with parsley.

Tripe Lyonnaise.

Cut tender tripe in half-inch squares. For each cupful fry one tablespoon of chopped onion in one tablespoon of hot butter until slightly brown, turn in the tripe, and toss about until it absorbs the butter and is a delicate brown. Sprinkle over it salt, paprika, minced parsley, and one tablespoon of lemon juice or tarragon vinegar, and serve hot.

Scalloped Tripe.

Take one pint of tender tripe cut in half-inch pieces, one-half cup of grated Parmesan or other dry cheese, and one and one-half cups of tomato sauce. Butter a baking dish suitable for serving, put in a layer of tripe, sprinkle with salt, pepper, or paprika, and thickly with the cheese, and moisten with the sauce. Then arrange another layer of each and cover with one-half cup of cracker crumbs moistened with melted butter. Flavor the tomato sauce quite strongly with onion, frying it first in the butter. Bake in a hot oven until the crumbs are brown.

Tripe a la Poulette.

Cut tender tripe in small pieces and add to a rich, white sauce. Stew over a gentle heat for twenty minutes, and season with lemon juice and minced parsley. For one pint quickly stir in the beaten yolks of two eggs. The sauce should be so thick that the tripe will be merely moistened with it, and may be piled in a mound on the dish. Garnish with small boiled onions or stewed celery or mushrooms.

Stuffed Tripe.

Cut tender tripe in pieces four inches square. Spread with poultry stuffing moist with beaten egg. Roll up and tie or skewer, steam for half an hour, then brown in the oven or under a gas flame.

Mutton and Lamb.

These meats are used less than they should be. The strong flavor of the older meat may be reduced by removing the pink skin on the fat and a part of the latter. A little lemon juice or vinegar and a bit of bay-leaf put in the water in which mutton is stewed or parboiled before roasting will make the flavor more agreeable to many.

Boiled Leg of Mutton or Lamb.

Remove outer fat and tough bits of skin, trim, scrape, and wipe. Put in a deep kettle of boiling water, let it come quickly to the boiling point again, and remove the froth that rises. Then place the kettle where it cannot boil, but will keep at a temperature of 180°–190° Fahr. Allow at least a half hour of such cooking for each pound of meat.

Reserve the water for soups.

Roast Lamb.

Remove the caul, any superfluous fat, and the end of leg if that cut is used. Wipe, sear the cut end, or wherever there is any lean meat exposed. Dredge with salt, pepper, and flour. Put on a rack in dripping pan in hot oven, and when the flour is browned, add a little hot water, and baste every fifteen minutes. Reduce the heat and bake about one hour and a half. Serve with mint sauce.

The leg may be boned and stuffed.

Crown Roast of Lamb.

This requires ten or twelve rib chops from two loins. Have the backbone well trimmed, the ribs cut even and separated slightly, but the meat left uncut. Tie in circular shape, the meat inside, and sew or skewer together. Protect the bones with paper or pork. Season, bake one hour or more. Serve peas, carrots, or purée of chestnuts, or potato in the center.

Saddle of Mutton.

The loin is left whole instead of being divided through the center of the backbone as it is for chops. It should be well trimmed and treated like any other roast.

Mutton Chops.

Wipe with a wet cloth; remove the skin and extra fat; have a frying-pan hissing hot, without any fat; put in the chops and cook one minute, turn, and sear the other side; cook more slowly until done, five minutes if liked rare. Stand them up on the fat edge to brown the fat, without overcooking the meat. When

nearly done sprinkle a little salt on each side. Drain on paper, and serve hot.

Breaded Chops.

Chops may be dipped in egg and crumbs and fried in deep fat for about five minutes.

Stuffed Chops.

Remove the bone and tough portion from six chops cut from the loin or ribs. Make a dressing of stale bread crumbled, highly seasoned with salt, pepper, cayenne, and a little powdered thyme, moistened with melted butter, one well-beaten egg, and enough hot water to make it spread easily. Lay the chops in a dripping pan with some of the surplus fat under them. Spread the dressing smoothly all over the top of each, place them in a hot oven, and bake about twenty minutes or until brown. Or divide the chop nearly through to the bone and put the stuffing between the two layers of meat.

Shoulder of Lamb or Mutton.

Remove the shoulder blade, back and leg bones, any fine crumbs of bone or stringy membranes. Wipe and rub slightly with salt. Stuff or not as preferred. Roll or fold into shape and tie securely. Put it into boiling salted water to cover, remove the scum as soon as the water boils again, then turn the meat over and skim again. Let it cook gently. When it is nearly tender remove it from the water, drain it, and place it in a baking pan. Dredge with salt, pepper, and flour and brown under the broiling burner, or bake until brown and crisp on the surface. Baste occasionally with some of the fat and water from the kettle and dredge with

flour after basting. The whole process will take from two and a half to three hours.

When the meat is sufficiently browned remove it to a hot dish, take out the strings from the meat, and in serving cut at right angles with the back edge.

The bones and remainder of a fore-quarter will furnish material for a soup or stew.

Curry of Mutton.

Cut two pounds of lean mutton into small pieces and brown them in hot fat; put them in a curry sauce and simmer until tender. Place the meat on a hot dish and arrange a border of boiled rice around the meat. Slices of cold cooked mutton may be used instead of the fresh meat. Veal curry is prepared in the same manner.

Veal.

This meat is seldom boiled, since it lacks flavor in itself and needs that developed by high temperature or savory herbs. It may be roasted or broiled like other meats, but should not be left rare.

Fricassees, stews, and pot pies are especially suitable ways to use the poorer portions of veal. It is very useful to combine with chicken for salads and croquettes.

Veal Chops.

These are cut from the loin and ribs and correspond to the sirloin and rib steaks in beef, and to the chops in mutton. They are generally more tender than the cutlets from the leg, just as sirloin steak is more tender than that from the round.

Trim the chops and remove the bone if preferred.

Press into compact shape and season slightly. Roll in fine cracker crumbs, then dip in beaten egg, then in seasoned crumbs, and cook carefully in the hot fat, adding more butter or salt pork fat if needed. Do not let them become too brown. Drain and serve, garnished with the crisp fat and fried sliced kidney and a bit of parsley.

Veal Cutlets.

The loin and thickest part of the leg of veal are commonly used for steaks or cutlets, but a nice dish may be prepared from cheaper parts, if one will take the time to do it properly.

Take a slice from the lower part of the leg, or from the shoulder, where considerable lean meat is found. Wipe it and remove the tough membranes, skin, and bones, and put them in the soup kettle. Cut the lean meat into pieces for serving, and pound them until the fiber is all broken. Lap one piece over another, put the small bits all together, and pound and press them into the shape you wish. In this way you can use every little scrap of meat, and have the cutlets of uniform shape and tenderness. Season well with salt and pepper, roll in fine bread-crumbs, dip in beaten egg or flour batter, and then in crumbs again. Brown the cutlets in hot salt pork fat. Put the cutlets in a stew-pan, add two tablespoons of flour to the fat left in the pan, and, when well mixed, pour on gradually one pint of hot water, or the water in which the bones and trimmings have been simmering. Add half a cup of ketchup, and pour the gravy over the cutlets. Let them simmer half an hour, or until perfectly tender. Remove them to a platter, skim off the fat from the

gravy, add more hot water if it be too thick, season to taste, and strain it over the cutlets. They should be tender enough to cut with a spoon. Garnish with lemon and parsley.

This method of cooking veal cutlet will be found a great improvement over the common fried veal. Portions that are too tough for frying will be rendered as tender as chicken.

The cutlets may be dipped in flour instead of egg and crumbs, but will not hold together as well.

Calf's Heart, Liver, and Tongue.

Clean and put the heart and tongue in cold water, bring to a boil quickly, and skim. Add salt; when nearly done put in the liver, first scalding it. When the meat is tender remove it, and season the liquor to taste. Thicken it with flour wet in cold water, or cooked in hot butter. Add half as much strained tomato as liquor. Put the liver in the center of the platter, with alternate slices of the heart and tongue round the edge. Pour the tomato sauce over the whole. Chop fine all that is left over, and warm it in the tomato sauce, and serve it on toast.

Spiced Tongue or Calf's Heart.

Boil a fresh tongue until the skin will peel. Trim off the roots, and rub the tongue all over with a mixture of one teaspoon of allspice, half a teaspoon each of pepper and ginger, then dredge with flour. Fry one minced onion in two tablespoons of butter, then brown the tongue all over. Put it in stew-pan, add flour to the butter left in the pan, and about a pint of water, or enough to make a thin gravy. Pour it over the

tongue, add half a cup of raisins and half a cup of vinegar. Stew until tender and serve with the gravy.

Prepare a calf's heart in the same way, stuffing the cavity with raisins rolled in the spice.

Calf's Brains.

Soak in cold water for an hour, changing it twice and adding some vinegar and salt to the last water. Then tie in cheese-cloth and put in boiling water with seasoning, and cook for twenty minutes. Drain and blanch in cold water.

Then, like sweatbreads, they may be prepared in many ways, breaded and fried, or served with a white, brown, or tomato sauce, or added to croquettes, etc.

Sweetbreads.

Soak in cold water half an hour, parboil fifteen minutes in water with a little salt and lemon juice in it, then put in cold water.

They are then ready to broil, to serve in a cream or other sauce, or as a salad.

Meat Loaf.

Two pounds of raw beef, mutton, or veal, or two kinds together, chopped fine with one-fourth pound of fat salt pork. Season with two teaspoons of salt, a little pepper, and one teaspoon of mixed herbs. Mix with one-half cup of cracker or dry bread-crumbs and two beaten eggs. Pack in a mold and steam for two hours. Then brown in the oven, basting with melted butter. Serve hot or cold.

Boiled Ham.

Brush and clean a large ham in lukewarm water in

which a teaspoon of borax has been dissolved, and soak in cold water over night. In the morning shave off the hardened surface. Put it into a large kettle and cover with cold water. Let it heat slowly, and as it begins to boil remove the scum. Keep the kettle where it will barely bubble, and let it cook till tender; allow twenty minutes or more to the pound from the time simmering begins. If a fork will pierce through the thickest part and the skin will peel off easily, it is done. Let it remain in the liquor until cold. Then peel off the skin. Mix one cup of fine cracker crumbs, half a cup of brown sugar, one saltspoon of pepper, and one saltspoon of powdered tarragon, and moisten slightly with melted butter. Spread this thickly over the fat surface, and return to the oven till brown and crisp.

After using the best portions of a ham for broiling and frying, the remainder may be boiled. Cook slowly until the bones slip out. Drain it from the water, and pack the meat in a pan, the fibers all one way, lean alternating with the fat, and press it until cold and firm

Broiled Ham.

Ham is better broiled than fried. Cut thin and soak it an hour in lukewarm water. Drain, wipe, and broil five minutes.

Boiled ham may be cut in thick slices and broiled.

Bacon.

Keep the bacon in a cold place that it may be hard and firm before slicing. Shave off the hard, lean strip, also the smoked edges and rind as far back on the strip as required for one meal. Then with a very

sharp knife shave off in slices not more than an eighth of an inch thick. The smoky edges may be pared off easily with scissors. Put on a tin plate or pan, and cook in the oven till much of the fat is extracted and the bacon is left crisp, but not too brown. The slices may be laid in a fine wire-broiler and cooked over a clear hot fire, or the broiler laid in a pan and the whole placed in a hot oven until done. Serve alone or with eggs, beefsteak, veal cutlets, liver, or oysters.

Save all the fat when cooking bacon, and use it afterward for frying potatoes, eggs, liver, or wherever the bacon flavor would be agreeable. This is much better for chafing-dish cookery than to attempt to cook the bacon at the table.

Roast Pig.

A pig for this purpose should not be over three or four weeks old, and ought not to be kept more than a day or two after it is killed. The skin of a larger pig will not develop that desirable "crackle" which Charles Lamb has so fully described. The pig may be dressed in the market, and then is to be cleaned, stuffed, and roasted much like poultry. The fore legs are usually skewered forward and the hind legs back, though some cooks prefer to bring both forward. The mouth is generally fastened open with a piece of wood or a cob, that it may afterward admit the traditional apple. The ears should be protected with buttered paper. Cook in moderate heat three hours or more, basting frequently. Sometimes a stuffing of rice flavored with Parmesan cheese is used, but usually a bread stuffing is preferred. This may be seasoned with any combination of herbs.

Broiled Pork Chops.

Have the chops cut thin. Wipe with a damp cloth. Put them in a saucepan and cover with boiling water. Let them simmer for half an hour. Remove from the fire and dredge lightly with salt, pepper, and flour; then broil until a light brown. Garnish with parsley.

Surprise Sausages.

Parboil the sausages, divide in half, and remove the skins. Wrap in mashed potatoes, then dip in beaten egg, and coat with bread-crumbs. Fry in deep fat until crisp and brown. Serve these very hot.

Crown of Pork.

Prepare the ribs of a young pig like the crown of lamb.

Roast Chicken.

Pick out pin-feathers and singe. Remove crop and windpipe from the neck; heart, liver, and gizzard, and afterward lungs and kidneys from below, oil gland from outside. Wash quickly and wipe dry. Stuff and truss. If an old bird, steam for an hour or more, then roast one hour.

Stuffing for Roast Chicken or Turkey.

For each cup of crumbs, either cracker or bread, allow one ounce of butter, one teaspoon of mixed herbs, one-half teaspoon of salt, and a little pepper. Melt the butter, add the crumbs, and mix thoroughly. Moisten slightly with either milk or water.

For a crumbly stuffing use twice as much butter and no liquid.

Broiled Chicken.

Split a young chicken down the back, flatten as much as possible, and brush over with melted butter. Broil over coals and finish in the oven, or under gas for twenty to thirty minutes.

Southern Fried Chicken.

Split a tender chicken down the back, flatten it a little, season with salt and pepper, dredge with flour, and brown in a generous quantity of hot pork fat or lard. Cover the frying-pan, and do not hurry the cooking. Cook about thirty minutes.

Smothered Chicken.

This differs from the fried chicken in using less fat — half butter and half lard gives a finer flavor. After browning add a little stock or water and simmer until tender. A few drops of cream give the finishing touch to the sauce.

To Cut up a Fowl for Stewing.

Remove pin-feathers, singe the hairs, and rub off clean. Cut off the oil gland. Take off feet, first pulling out the tendons. Remove windpipe and crop at the neck. Cut through the skin, press back leg and thigh bones and cut at the joint, then take off the wings. Divide each of these in two parts. From the backbone cut through thin muscles, then notice position of inside organs. Remove heart, liver, and gizzard together. Break backbone into two sections and take out lungs, kidneys, etc. Loosen shoulder blade and cut from wing joint to point of ribs to separate back and breast. Open gizzard, detach gall bag from the liver without breaking.

Rinse quickly in cold water, cover with boiling water, and cook gently until tender, from one to three hours.

For a fricassee, the meat may be browned in hot fat before stewing or after.

Chicken Livers.

Clean the livers thoroughly, cutting off any green portions. Cook in boiling water for fifteen minutes, drain, and brown in a little bacon fat. Remove the livers, put one ounce of butter with the small quantity of fat left in the pan, and brown in it two tablespoons of flour. When brown pour in one cup of hot stock, and season with salt, pepper, and curry if desired. Reheat the livers in the sauce, and serve at once.

Livers en Brochette.

After parboiling, divide each liver in three or four pieces, put on skewers with alternate bits of bacon. Broil or bake till bacon is crisp. Serve on the skewers.

Chicken Liver Balls.

Rub the uncooked liver of a large chicken through a strainer; add one beaten egg, half a tablespoon of butter creamed, one-fourth teaspoon of salt, a few grains of paprika, and one teaspoon of fine chopped parsley. Add soft bread-crumbs or fine cracker dust until the mixture may be shaped into marbles. Drop them into boiling water or stock; cook five minutes, and serve in soup. Or force the mixture through a squash strainer into boiling water; boil a minute or two and drain. It has the effect of browned rice.

Roast Turkey.

Choose a hen turkey weighing about eight pounds.

Singe, remove pin-feathers, oil bag, tendons, entrails, and crop. Wipe, stuff, and truss the feet to the tail, the wings close to the side, and the neck skin to the shoulder blade. Rub with salt, pepper, butter, and dredge with flour. Put the turkey fat in the pan, lay the turkey on one side, and put it in hot oven. When the flour is brown, check the heat, baste with butter melted in hot water, and roast nearly three hours. Add a pint of water as soon as the fat is brown, baste every twenty minutes, and turn the turkey so it will brown evenly.

Roast Goose.

A young or "green" goose is recognized by its pliable yellow feet and its tender windpipe; as it grows older the down on its legs disappears and the feet grow darker colored. The skin is so fat and greasy that a thorough washing is necessary, and warm soda water may be used for this purpose before the bird is drawn. Then remove the internal organs as from a chicken or turkey, and wash quickly in clear water, and wipe dry. Roast like a turkey, pouring off the oil as it gathers in the pan. Serve with giblet sauce, made by adding to a brown gravy the liver, heart, and gizzard, which have been boiled till tender and then chopped.

Stuffing for Goose.

Use hot mashed potato highly seasoned with salt, pepper, and parboiled onions or onion juice. Moisten with one tablespoon of butter and the yolk of an egg to each cup of potato. A sprinkle of sage may be added.

Roast Mallard or Teal Ducks.

Singe, draw, and remove all the tiny pin-feathers. Then wash very quickly both inside and out with cool water and wipe perfectly dry. Stuff the ducks, sew, and truss. Put on a rack in a pan, sprinkle with salt, pepper, and a little flour. Cover with small slices of salt pork and put into a very hot oven. In about five minutes the ducks will be light brown. Now reduce the heat and pour into the pan a very little water. The dripping fat will burn unless a little hot water is added. Baste every four or five minutes. In forty minutes the ducks will be sufficiently cooked if liked a trifle rare, but many prefer a longer cooking. When nearly done, the pork must be removed and the birds evenly browned on all sides.

Stuffing for Duck.

Equal parts of boiled onions, chopped sour apples, and dried bread-crumbs are mixed, moistened with a little melted butter, and seasoned with salt, pepper, and sage.

Vegetables.

General Directions for Cooking Vegetables.

Select the vegetables carefully, choosing each in the season when it is at its best.

Those which are sent to market from a great distance are expensive and usually wilted, and so unsatisfactory that we tire of them by the time local garden products are in their prime. Many of the vegetables in the markets are overgrown and, therefore, tough and unpalatable.

All vegetables must be well cleaned before cooking, and a small scrubbing brush and a sharp-pointed knife are great helps in this process.

Wilted vegetables sometimes may be freshened by soaking or sprinkling with water before cooking.

The water in which strong flavored vegetables are cooked should be changed several times. All others should be cooked in little water that sugary juices may be retained. On this account steaming or baking is sometimes better.

Color is retained best when vegetables are boiled in an uncovered kettle, and the odor of onions and cabbage is less disagreeable in the house. Vegetables should be put in boiling water, which is usually salted at first. If the water is hard a very little soda may be added. Any vegetable may be served in many different forms, plain, with various sauces, in a soup or a salad or croquettes.

Artichokes.

French artichokes are expensive usually and but a

small part is edible. The stem, outside leaves, and choke must be removed. Cook in boiling salted water until a leaf can be pulled out, about thirty minutes. Drain and serve with melted butter or Hollandaise sauce. Or serve cold with mayonnaise.

The artichoke bottoms after boiling and seasoning may be dipped in batter and fried in deep fat.

Jerusalem artichokes are pickled or served as a salad. They may be pared, put into vinegar and water to prevent discoloring, then boiled tender, and served with a white sauce.

Asparagus.

Break off tough lower end, wash the stalks, and cook them in boiling salted water from twenty to forty-five minutes, until tender. Or break in inch pieces, scraping off the lower end, cooking tough portions first and adding tips for fifteen minutes. Serve on buttered toast or with white or Hollandaise sauce. The water where the asparagus was boiled may be used to soften the toast, or in the sauce, or for a soup.

The asparagus with sauce may be served in rolls crisped in the oven after the centers are removed and the sides spread with butter.

Left-over asparagus may be used for soup or salad or in an omelet.

Baked Beans.

Soak one quart of pea beans over night in cold water. In the morning put them into fresh water and simmer until they burst slightly on removing a few of them in a spoon and blowing on them. One-fourth teaspoon of soda is often put in this water when the beans are parboiled. Then turn them into a colander and drain

thoroughly, and place in the small-top earthen bean pot. Wash one-quarter to one-half of a pound of salt pork, part fat and part lean, scrape the rind till white, and cut it one inch deep in half-inch strips. Bury the pork in the beans, leaving only the rind in sight. Mix one teaspoon of salt and one-fourth cup or less of molasses with some water and pour over the beans. Add enough more water to cover them, and keep adding hot water as needed until the last hour. Bake from eight to twelve hours in a slow oven, the longer the better, so long as the beans are kept moist. One-half teaspoon of dry mustard may be added with the salt and molasses. Sugar may be used instead of molasses and part butter instead of all pork.

Vegetarians leave out the pork and add one tablespoon of olive oil for each cup of dry beans after they are partially baked.

Some housekeepers use a piece of fat corned beef in place of pork.

Fresh shelled beans may be baked in the same way.

Stewed Beans.

Soak any dry beans from twelve to twenty-four hours. Parboil as for baked beans, drain, add more water, and stew until tender. Season with butter, salt, and pepper.

Split peas may be prepared in the same way. A piece of salt pork or bacon is often stewed with them.

Spanish Beans.

One-half cup of sliced onions, stewed until tender, one cup of stewed beans, one cup of stewed tomatoes. Boil together until thick enough to serve on the

dinner plate. Season to taste with butter, salt, and cayenne pepper.

String Beans.

Break off the ends, pulling off the strings. Cut or break the pods in inch pieces and freshen in cold water. Cook until tender, one hour or more, in boiling water slightly salted. Drain and season as desired.

Any left-overs may be served as a salad.

Shell Beans.

Cook, in boiling water, changing it after fifteen minutes, and letting it evaporate at the last, until just enough is left to moisten the beans.

Beets.

Wash, but do not cut them, as that destroys the sweetness and color. Cook in boiling water until tender. Young beets will cook in one hour, or less, old beets require a longer time, and if tough, wilted, or stringy, they will never boil tender. When cooked, put them in cold water, and rub off the skin.

Young beets are cut in slices, and served hot with butter, salt, and pepper, or cut in small cubes and served in a white sauce. They are often pickled in vinegar, spiced or plain, and served cold, or they may be cut into dice, and mixed with other vegetables for a salad.

Beet greens may have roots as large as a radish. Wash, boil till tender, drain, and mold, but keep hot.

Cabbage.

All varieties are prepared in the same way. Cut in quarter or smaller sections and freshen in cold water.

Cook uncovered in boiling salted water about thirty minutes. The addition of a little soda reduces the odor while cooking, and aids in softening the cabbage. Drain thoroughly and serve hot or cold with or without a sauce.

Scalloped Cabbage.

Mix cooked cabbage with half as much white sauce, season, put in a dish, cover with buttered crumbs, and bake until hot and brown.

German Cabbage.

Cut fine and stew with an ounce of butter for each quart. Very little water is required, as the kettle is kept covered. Red cabbage is preferred for this. It is seasoned with a little onion, nutmeg, salt, and pepper while cooking. Vinegar and sugar in small quantities may be added just before serving.

Cauliflower and Brussels Sprouts.

These are members of the cabbage family, and are cooked like cabbage, but generally require less time.

A spriukle of Parmesan cheese is sometimes added to creamed or scalloped cabbage or cauliflower.

Carrots.

Young ones, even if whole, will cook in half an hour or less. Old ones should be scraped, cut in strips or cubes, and soaked, then cooked until tender. Let the water evaporate at the last. Season with salt, pepper, and butter, or use white sauce and sprinkle with chopped parsley. For variety season with sugar and lemon juice.

Celery.

Remove the nails, cut off the root, and trim off the hard outside part. The root if tender is sweet in a salad; if tough it may be used to flavor soup stock.

Separate the stalks and wash them, but do not scrape them to remove the rusty portions unless to be used at once, for scraping off the outer skin makes the stalk decay more quickly.

If the celery is wilted, let it remain in the cold water some time. Lay aside the inner stalks and the lower ends of all that are white and tender, also all the yellow or blanched young leaves. Wrap them in a wet napkin and put them in a cool place, and use these portions for salads, scraping them off before serving. They will keep fresh and crisp for a week or ten days by changing the napkin occasionally.

The delicate yellow leaves of the celery make one of the prettiest garnishings, and may be used in place of lettuce as the basis of salads.

Fringed Celery.

Chill and clean the celery, cut into pieces three inches long, and slit each end down about three quarters of an inch into fine threads less than an eighth of an inch thick. Keep in ice-water until curly; drain, and arrange in a low glass dish.

Stewed Celery.

Cut the stalks into inch pieces, put them into boiling water, and cook until tender. Then drain, reserving the water for soup, and serve the celery dressed with butter, salt, and pepper, or with a white sauce.

Corn Fritters.

To each cup of corn pulp cut from the cob add one beaten egg, a tablespoon of milk (omit the milk if the corn is young and juicy), and flour to make a stiff batter, about one-fourth cup. If cooked corn is used a little more milk should be added. Season highly with salt and pepper, and fry in small portions on a griddle or in deep fat. Serve as a border for a platter of meat.

Corn Pudding or Timbale.

One can of corn chopped fine, or one pint of corn pulp cut from the cob, two eggs beaten, one-fourth cup of milk (omit the milk if the corn is very liquid), one-half teaspoon of salt, a speck of pepper. Bake in a buttered pudding-dish or tin timbale cups from twenty to thirty minutes, or till firm like a custard. Serve hot with meat.

Green Corn.

After removing husks and silk, the ears of corn may be roasted over coals or under the gas flame, or steamed or boiled. Tender corn will be ready to serve in ten minutes.

Cucumbers.

Large cucumbers, after removing skin and seeds, may be cut in strips, stewed in butter, and served on toast like asparagus, or mashed like summer squash. Or they may be cut in slices, dipped in batter, and fried in deep fat, like egg-plant. To serve raw cut off both ends till the seeds show, pare, and slice into cold water an hour before serving.

Greens.

Thorough washing is the most important part of

preparation. All kinds — dandelion, beet, spinach, etc. — are cooked in a small quantity of water until tender, and drained, then chopped, seasoned, and heated again.

Fried Egg-Plant.

Slice one-third of an inch thick, sprinkle with salt, and press out the juice. Drain, and dip each slice first in fine crumbs, then in beaten egg, and again in crumbs, and sauté them in hot fat.

Stuffed Egg-Plant.

Cut off a slice from the stalk end and remove the inside without breaking the skin. Cook ten minutes in boiling salted water. Slice and parboil one small onion. Chop the egg-plant and onion, add half a cup of soft bread-crumbs, a little salt and pepper, one tablespoon of butter or cream, and one beaten egg. Fill the shell, put the slice back on the top, and bake about half an hour.

Leeks.

Trim off roots and tough ends of the leaves, cut in three-inch sections. Boil until tender in salted water, and serve on buttered toast.

Lentils.

Lentils should be soaked and cooked at least eight hours at a moderate temperature. When thus cooked they may be used for hash, croquettes, soup, and many other purposes.

Lettuce.

Lettuce may usually be found at any season in our larger markets. The close, firm, solid heads are

preferable, as they have more of crisp, cup-shaped inner leaves. Discard the outer wilted leaves and any bruised portions. Rinse each leaf separately in cold water, and let them stand half an hour under running water to chill them. Then drain, wipe each leaf dry, without breaking them. Lay them together, the large leaves at the bottom, then the next in size, wrap them in a wet napkin, and lay them in the ice chest until serving time.

Stewed Lettuce.

Break up the tough outside leaves and cook them until tender in boiling water, like any greens. They may be cooked with the blanched celery leaves and tough stalks, or with spinach; then drained, chopped, and seasoned with butter, salt, and pepper, or used for a soup.

Broiled Mushrooms.

Use the cups only; wash, drain, brush upper part with melted butter. Broil about five minutes; serve on buttered toast. The stems may be sliced or chopped fine to give flavor to a sauce or soup.

Mushroom Rolls.

Wipe, peel, and break the mushrooms into small pieces. Put them in a pan over the fire with butter sufficient to cover the pan. Cook quickly until the juice exudes, turning constantly; season with salt and pepper very sparingly, and when tender add cream enough to moisten well. When hot turn into roll crusts. Remove the soft inside from the rolls and dry the crusts slightly in the oven, replacing the top after filling with the mushroom mixture.

Stewed Okra.

Use only the small green pods, not more than two and one-half inches long. Wipe the pods and cut off the stems and the tips, if the latter be discolored. Put them into a granite saucepan with boiling salted water, and let them cook gently until tender, from twenty to thirty minutes. Drain off the water, add two tablespoons of butter, one tablespoon of vinegar, and a little pepper and salt. Let them merely simmer at the back of the range until the butter is absorbed, then turn out carefully so as not to break the pods, and serve hot.

Onions.

Much depends on the variety of onion. The Spanish may be fried or stewed in a little butter. Small white onions are better than those with a greenish tinge. After peeling scald with water in which a little soda is dissolved. After leaving for half an hour, drain and cook in fresh water. Change the water often if the onions are strong.

Scalloped Onions.

Peel and boil one quart of small onions. Make one cup of white sauce and mix with the onions after they are well drained. Put in a deep plate or shallow pudding dish, cover with buttered crumbs, and bake until brown.

Parsnips.

Wash and scrub. The skin may be removed more easily after cooking. Steam or boil. Serve sliced and buttered.

Parsnip Fritters.

Mash cooked parsnips, removing tough fibers. To each cup add one beaten egg, and season with salt, pepper, and sugar if desired. If too thin add a little flour. Fry in deep fat or on a griddle, or brush over with melted butter, and bake.

Green Peas.

Shell, pick over, and rinse. Cook till tender, letting the water evaporate until only enough is left to moisten them when served.

Stewed Dry Peas.

Soak one pint of split peas, green or yellow, over night. Stew for several hours with one-fourth pound of lean salt pork. Use enough water to prevent burning, but let it evaporate at the last until the peas are as thick as mashed potatoes.

Timbales of Peas.

Rub one can of peas through a strainer, and add enough milk to make one pint in all. Cook together two tablespoons each of butter and flour, and mix with the sifted peas and milk. Season with salt and pepper, and sugar and onion juice if desired. Add the slightly beaten whites of two eggs, pour into buttered molds, and steam or bake in a pan of water until firm in the center. Turn out of the molds before serving.

Stuffed Peppers.

Cut the stems from large green peppers, and remove the center portion with all the seeds without breaking the skin. Parboil; then fill with a poultry stuffing or croquette mixture or any highly seasoned

chopped meat. Bake until the skins are tender, basting once or twice with butter and water.

Peppers Broiled with Steak.

Cut the peppers in quarters, lengthwise, remove seeds, parboil, dip in melted butter, and broil with the beef. Or chop fine, and add to a brown sauce.

Radishes.

When too old to serve raw, radishes may be pared and cooked like turnips.

Winter Squash.

This may be boiled or steamed. Watery squashes are rendered drier by baking instead of boiling. Cut them in convenient pieces, remove the seeds and fibrous portions, but leave the rind on. Put them in a pan and bake in a hot oven. When done peel off any hard, dried portions and the skin. Mash and beat it till fine and smooth. For one cup of squash add one tablespoon of butter, one-fourth teaspoon of salt, and a few grains of pepper. Sometimes a little sugar is an improvement. Heat again and serve very hot.

If more squash be cooked than will be needed at one meal do not season it all, as the portion left will be better if freshly seasoned when served.

Squashes may be cut in uniform pieces suitable for one portion, baked, and served in the shell.

Summer Squashes.

These should be young, fresh, and with tender skin. Wash, and trim off stem and skin if hard, and cut in quarters. Steam or cook in as little water as possible. Put into a strainer cloth, mash thoroughly, squeeze,

or twist and press in the cloth until squash is not quite dry. Season the squash with butter, salt, and pepper, and heat again before serving.

Fried Summer Squash.

Cut in slices, season, sprinkle with flour, and cook till brown and tender in enough salt pork fat to keep from burning.

Potatoes.

New potatoes should be baked or steamed in their skins. Old ones are improved by paring and soaking in cold water before boiling. The most important point in cooking is to drive off surplus moisture as soon as the potato is soft by cracking the skin of the baked potato, or draining off the water from boiled ones.

Baked Potatoes.

Choose smooth potatoes of medium size. If old, cut a slice from both ends. Wash and scrape. Large potatoes may be parboiled for ten minutes before baking. Put into a moderate oven to heat through gradually and let the heat increase. Thirty to forty-five minutes will be required. The skins should be puffy and not shriveled, when baked potatoes are served. Potatoes may be pared and baked in the pan with meat. This usually takes an hour.

Sweet Potatoes.

These are best baked, since some sweetness is lost when they are steamed or boiled.

Browned Sweet Potatoes.

Slice partially boiled sweet potatoes slightly thicker

than Saratoga chips. Fill a baking dish with a sprinkling of light brown sugar and bits of butter between the layers. Two tablespoons of sugar suffice for a pint of potatoes. Finish with a dusting of sugar, butter, and salt, and brown in the oven.

Mashed Potato.

Put one pint of hot boiled potatoes through a ricer, or use a wire masher. Season with half a teaspoon of salt, half a saltspoon of pepper, and two tablespoons of butter; add sufficient milk to hold the potato together, about one-fourth cup, and put over the fire again, and mash and beat until perfectly fine and smooth.

Potato Roses.

Put a star tin tube into the end of a three-cornered pastry bag, made of rubber sheeting or thick firm drilling.

Fill the bag with mashed potato, twist the top tightly, and press the potato through the tube, letting it form little mounds, which, with a slight stretch of the imagination, may be called potato roses. Hold the tube over the spot where the potato is to be, and arrange the roses so there will be a little space between each.

Potato Cakes.

Shape cold mashed potato in any small forms, brush over with milk or beaten egg, and brown in the oven.

Potato Crust.

Mix together one cup of cold mashed potato, one egg, two tablespoons of melted butter and flour to

make a soft dough, yet stiff enough to roll to cover a meat pie or turn-overs. Put cooked meat and gravy in a dish, cover with the crust, and bake until brown.

Broiled Potatoes.

Use large potatoes, either white or sweet, which have been boiled, but are not quite done. Pare and cut in thick slices lengthwise, making about four from each potato. Dip in melted butter or meat fat, and broil under gas or over coals until brown and cooked through.

Hashed Potatoes.

Wash and pare enough potatoes to make a pint. Chop quite fine and soak ten minutes in cold water. Drain, put two tablespoons of butter or bacon fat in a spider, add the potatoes, sprinkle with salt and pepper; add one tablespoon of vinegar, cover closely, and let them cook on the back of the stove until tender. Bring forward and let them brown; then fold over, turn out, and serve.

French Fried Potatoes.

Wash and pare and cut lengthwise in slices, then in strips, one-fourth inch through or larger. Soak in cold water for several hours. Wipe dry and fry in deep fat a few at a time until brown. Drain on paper and sprinkle with salt.

Potato Marbles.

Cut large potatoes into balls, like marbles, with a cutter. Cook slowly in boiling salted water ten minutes, or until tender. Drain and shake carefully

until dry. Pour over them one tablespoon of melted butter for each cupful, and roll about until all are buttered; sprinkle with salt, pepper, and minced parsley.

Smothered Potatoes.

In one ounce of butter or beef fat cook one-fourth cup of chopped onion and celery mixed. When beginning to brown add a pint of cold boiled potatoes cut in cubes or slices. Sprinkle with salt and pepper, and add one-half cup of meat gravy or tomato sauce. Cover till well steamed through, uncover to let any surplus moisture evaporate, and serve hot.

Lyonnaise Potatoes.

Cut one pint of boiled potatoes into dice, or thin slices, and season with salt and pepper. Fry one scant tablespoon of minced onion in one ounce of butter until yellow. Add the potatoes, and stir with a fork until they have absorbed all the butter, being careful not to break them. Sprinkle with chopped parsley, and serve hot. One tablespoon of vinegar heated with the butter gives the potatoes a good flavor.

Delmonico Potatoes or au Gratin.

One pint of boiled potatoes cut in cubes, one cup of thin white sauce highly seasoned, one-fourth to one-half cup of chopped or grated cheese. Put in layers in a buttered pudding dish, cover with buttered crumbs. Bake till hot and brown.

Potato Puff or Soufflé.

Press boiled potatoes through a ricer. For each cup add one tablespoon of butter, one-fourth cup of

milk or cream, and one egg yolk and white beaten separately. Season with salt and pepper, and, if liked, with celery salt or chopped parsley. Mix thoroughly, fold in whites last. Bake in one dish or individual cases long enough to cook the egg, and serve at once.

Salsify or Oyster Plant.

Wash and boil like parsnips. The skin may be scraped off before cooking. In that case put directly into cold water containing some vinegar or lemon juice to keep the roots from turning dark. More flavor is retained if not scraped. Serve with white sauce or make into fritters.

Turnips.

White turnips may be pared, cut in cubes, cooked tender, and served with white sauce.

Yellow turnips should be sliced, pared, all corky portions removed, cooked tender, mashed, and seasoned with butter, salt, and pepper.

Tomatoes.

To serve raw, dip ripe tomatoes into boiling water to loosen the skin. Chill for some hours, then peel and slice just before serving.

Scalloped Tomatoes.

Fill a pudding dish with alternate layers of seasoned buttered crumbs and sliced tomatoes. Have crumbs on top, and in all use about half as much crumb as tomato.

Salt and pepper is usually enough for seasoning, but a few drops of onion juice may be added.

Broiled Tomatoes.

Solid tomatoes, all the better if not quite ripe, may be cut in thick slices, seasoned with salt and pepper, sprinkled with flour, and broiled or browned in hot fat. This is an excellent way to use those which are not fairly ripe when the frost comes.

Serve with chops or steak.

Baked Tomatoes.

Wipe and remove a thin slice from the stem end of four to six tomatoes. Take from the center the seeds and pulp, and mix with one cup of soft bread-crumbs, or boiled rice, one teaspoon of chopped parsley or one saltspoon of thyme, a little pepper, and sufficient melted butter to moisten. Fill the tomatoes with the mixture, place them in a shallow dish, and bake fifteen minutes.

Deviled Tomatoes.

Wipe and cut in half-inch slices four large, smooth tomatoes. Prepare the following mixture: one tablespoon of vinegar, one tablespoon of mushroom ketchup, one teaspoon of sugar, one-half teaspoon of salt, one-fourth teaspoon of dry mustard, one-half teaspoon of onion juice, and one-eighth teaspoon of paprika, and when ready put two tablespoons of butter into the frying-pan or the chafing dish blazer; add the mixture, and when hot lay in the tomatoes, and let them cook until tender. Serve very hot.

Desserts.

Blanc Mange.

Soak one-half cup of Irish moss in cold water fifteen minutes, pick over, wash, tie in coarse lace or netting, and cook with one quart of milk in a double boiler half an hour, or until the milk thickens slightly when a drop is cooled. Strain, add one-fourth teaspoon of salt, one teaspoon of vanilla, and turn into small molds wet in cold water. Serve with sugar and cream, and with fresh fruit. Or cook the moss in one pint of water, strain, and combine with one pint of thin cream scalded.

Minute Pudding.

Cook a heaping half pint of berries in one pint of water for ten minutes. Make smooth four tablespoons of flour in a little cold water, pour into the berries and boil, stirring carefully till the flour is well cooked. Serve with sweetened cream while warm, or mold in pudding cups, and turn out to eat cold.

Cereal Fruit Pudding.

Cook any cereal as for breakfast. Put a layer in a pudding dish, then a layer of mild apples or pears sprinkled with sugar, then another layer of each, with buttered cracker crumbs on top. Bake slowly till brown and serve with cream.

Apricot Pudding.

Wash one-half pound of apricots in cold and then in hot water. Put them and one-fourth pound of hominy in a scant quart of cold water and soak all day. Next

day cook it two hours in a double boiler, then add one cup of sugar and cook two hours longer, stirring every half hour. Turn into wetted molds and serve very cold with cream.

Baked Indian Pudding.

One quart of milk, one-fourth cup of Indian meal scalded in the milk; add one-half cup of sugar, one-half cup of molasses, a little salt and ginger, and one tablespoon of butter. Bake slowly three hours. More milk may be added as it cooks away.

Cream Rice Pudding.

Measure milk enough to nearly fill a buttered pudding dish. For each cup of milk add two tablespoons of rice well washed and two tablespoons of sugar. Flavor with salt, and cocoa, or nutmeg, or cinnamon. Bake slowly, stirring occasionally, until the rice is soft and has absorbed nearly all the milk.

Rice Fritters.

Pick over and wash one-half cup of rice; put it in the top of double boiler with one-half cup of boiling water and one level teaspoon of salt. Cook directly over the fire until water is absorbed, then add one cup of milk and cook over boiling water until very soft. Stir in one ounce of butter and one well-beaten egg. Remove from the fire and stir in one-half cup of canned cherries, stoned and cut small. Mix well and turn into a round shallow tin to cool. When cold divide into six or eight sections, cover with fine bread-crumbs, egg and crumbs, and brown on each side in hot butter.

Andermatt Rice Pudding.

Cook half a cup of washed rice in one cup of boiling

water until the water is absorbed; then turn it into the double boiler with three cups of boiling milk. Cook it until tender. Stir in one heaped cup of a mixture of preserved fruits. When cool stir in one pint of thick cream whipped stiff, and turn it into a melon mold. When firm turn out and serve.

Baked or Steamed Custards.

For each pint of hot milk beat two or three eggs, mix with one-fourth cup of sugar, and add to the milk with a little salt and flavoring. Strain into cups, or one mold, and steam or bake in a pan of water until puffy on top and firm in the center.

Like all dishes in which egg is a principal ingredient the heat must be very moderate.

Use the same proportions for a custard pie.

Coffee Custard.

Substitute one cup of strong coffee and one cup of thin cream for the pint of milk and proceed as above.

Maple Custard.

Sweeten the custard with maple sugar or sirup.

Fruit Custard.

Substitute from one-half cup to one cup of sweetened fruit pulp for part of the milk of the custard recipe, or put a layer of fruit in the bottom of the dish and pour the custard over before cooking. Part of the egg white may be reserved and a meringue put on top after the custard is baked.

Caramel Custard.

Melt a cup of sugar in a smooth frying-pan, stirring until it becomes a rich golden brown, then add a half

cup of water, and stir until dissolved. Use about one-fourth of this to sweeten and flavor a custard made with one pint of hot milk and two or three eggs. Add a speck of salt and a half teaspoon of vanilla, strain into a mold, and bake or steam until firm. Serve with the remainder of the sirup as a sauce, adding water if it is too thick.

Silver and Gold Custards.

Beat the whites of four eggs slightly with one-fourth cup of sugar, add a speck of salt and a few drops of almond or vanilla extract, and one pint of scalded milk. Strain into molds and steam or bake in a moderate oven till firm.

Scald another pint of milk and add to the beaten yolks of four eggs, cook till it begins to thicken, and add one-fourth cup of sugar and strain; flavor when cold.

Turn the white custards from the molds and serve with the yellow around them.

Soft or Boiled Custards.

Scald one pint of milk, beat two eggs or the yolks of three eggs, mix part of the milk with the egg, and then turn back with the remainder of the milk. Cook in a double boiler, stirring constantly until it thickens and the foam disappears from the top. Add one-fourth cup of sugar, strain, cover, and cool. Then flavor with one-half teaspoon of vanilla or one-fourth teaspoon of lemon or a few drops of almond extract.

Floating Island.

Make a soft custard with the yolks of eggs. When cold pour into a shallow glass dish. Beat the whites

stiff, sweeten, and heap in the center of the custard. This meringue may be flavored and colored by beating into it a little fruit juice.

Panada.

Bread or crackers cooked or soaked in milk or water is a foundation common to many "made dishes." This is a sort of porridge, and milk or water thickened with tapioca, arrowroot, corn-starch, or cereals is often used in the same way.

It will be noticed that many of the following recipes may be divided into two parts, a porridge or panada and a custard. In all such cases the starch should have more cooking than the custard. Bread and cracker crumbs are already cooked, but rice, tapioca, and corn-starch should be cooked in the milk or water before the eggs are added.

Fruit Custard.

Make a thick custard by cooking two tablespoons of corn-starch with one pint of milk in a double boiler for twenty minutes, then adding the beaten yolks of two or three eggs, and last one-fourth cup of sugar. Have ready three oranges cut up and sweetened or a cup of any other prepared fruit. Put the fruit in a dish, and pour the custard over.

A meringue may be made from the egg whites and placed on top.

Cocoanut Sponge.

Thicken one pint of milk with one-fourth cup of corn-starch; add one-fourth cup of sugar and a little salt. Cook ten minutes; when slightly cool beat in the stiff whites of three eggs and one cup of fresh grated

cocoanut and turn into a mold. Serve cold with soft custard made with the yolks of the eggs, one-fourth cup of sugar, and one pint of milk.

Chopped almonds may be used instead of cocoanut.

Apple Pudding.

Fill a buttered pudding-dish with alternate layers of bread-crumbs and apple sauce which has been sweetened and slightly spiced. A tablespoon of butter melted and mixed with the top layer of crumbs will give a crisp crust. Cover with a plate and bake slowly for half an hour; remove the cover for the last five minutes and brown on top. Raw apples sliced or chopped may be used, but in that case the pudding must be baked for an hour, or until the apples are tender. Serve hot with cream.

Spiced Pudding.

Soak one packed cup of the brown crusts of bread in one pint of scalded milk until soft. Then add one-half cup of molasses, scant measure, a saltspoon of salt, and one-fourth of a level teaspoon of mixed spice (cinnamon, cloves, allspice, and nutmeg), and from one-half to one cup of raisins. Stir occasionally at first and bake in a very moderate oven for nearly one hour. Serve with whipped cream or hard sauce.

Orange Pudding.

To one pint of scalded milk add one cup of white crumbs, not crusts, one-fourth cup of sugar, one teaspoon of butter, the yolks of three eggs, one-fourth cup of candied orange peel cut in bits. Mix all ingredients well together, and bake slowly about one-half hour, or until firm in the center. Put a cup of

cut orange over the top, on that spread a meringue made of the egg whites and one-fourth cup of powdered sugar. Brown in the oven.

Lemon may be used instead of orange.

Chocolate Pudding.

Soak one-half cup dry or one cup of stale bread-crumbs in one pint of milk. To this add one level tablespoon of cocoa stirred in a quarter of a cup of sugar, and one beaten egg. Bake in a shallow pudding dish until firm throughout. Serve either hot or cold, with whipped cream, sweetened, and flavored with vanilla.

Berry Charlotte.

Pick over and stew one quart of berries, or small fruits, blueberries, currants, raspberries or blackberries, in one cup of water. Mash well and squeeze through coarse cheese-cloth. Add sugar to taste, and boil again until it almost jellies on the edge. Have a quart or more of soft white bread cut in small, thin pieces. Put a layer of bread in a bowl or in small cups, pour on enough hot sirup to wet the bread all through, and continue the layers of bread and sirup until all is used. Put in ice chest and serve cold.

Bread and Butter Pudding.

Cut bread into small wedged-shaped pieces one-fourth inch thick and butter well on one side. Make a custard in a small pudding dish, fit the bread over the custard so as to cover it, butter side up; bake till firm. A layer of fresh fruit or jam may be put in the bottom of the pudding dish. The buttered bread browns and makes a nice looking pudding.

Thanksgiving Pudding.

The raisins, few or many, must be seeded and stewed gently for an hour before the pudding is made. Let them cook uncovered at the last, so the water may evaporate, that none of the richness of the raisins need be lost by draining. Allow one egg and one medium sized cracker for each cup of milk required to fill the pudding dish. Soak the crumbled crackers in the milk for several hours; add the beaten eggs and the cooked raisins, and a speck of nutmeg and salt. Bake in a very moderate oven until nothing adheres to an inserted knife blade. The pudding is unsweetened, and should be served with a hard sauce or a rich lemon sauce.

Cabinet Pudding.

Butter a mold and decorate it with candied fruit; put in a layer of stale sponge cake, then a few pieces of fruit, and repeat till the mold is nearly full. Pour one pint of boiling milk into the yolks of three eggs beaten with one-fourth cup of sugar and one-half a salt-spoon of salt. Pour gently into the mold and set it in a pan of water, and bake or steam it one hour. Serve hot with or without sauce.

Crumbled macaroons or cocoanut cakes may be used in place of the fruit. A cake with a chocolate frosting will make another variety.

Tapioca.

This starchy food comes to us in several forms, and any one may be used in the following recipes. The flake tapioca should be soaked several hours, the pearl may be soaked or not, while the fine granules are used

without soaking. Sago may be substituted for tapioca in any recipe.

Fruit Tapioca.

Cook one-half cup of tapioca in one pint of boiling water until transparent. Then add a little salt and sugar and spice if desired.

Pour around cored and pared apples placed in a buttered pudding dish. The centers of the apples may be filled with sugar, raisins, nuts, or jelly. Bake until the apples are tender, and serve warm with cream and sugar.

Or pour the cooked tapioca over strawberries or sliced peaches, bananas, oranges, etc., and serve cold.

Or stir into the tapioca one cup of fruit juice, pulp, jelly, or fresh berries, cook a little longer, then chill in molds.

Tapioca Pudding.

Scald one pint of milk and shake gently into it one-fourth cup of fine tapioca, stirring all the time. When it begins to thicken add one teaspoon of butter, one beaten egg, and one-fourth cup of sugar. Flavor with nutmeg. Pour into a buttered pudding dish, and bake in a very moderate oven for about thirty minutes, or until firm like a custard. Serve hot or cold.

The egg may be omitted. Raisins, dates, or other fruits may be added.

Tapioca Cream.

Cook one-fourth cup of tapioca until transparent in one pint of milk. Then mix in the beaten yolks of two eggs and one-fourth cup of sugar, cook three minutes more. Beat in the stiff whites of the eggs when

taken from the fire, or make a meringue for the top. If the pudding is too thick it may be diluted with a little scalded milk or fruit juice. Flavor with a speck of salt and one-half teaspoon of vanilla.

Tapioca Sponge.

Heat one pint of fruit juice and water in a double boiler, and stir in one-fourth cup of tapioca. Cook fifteen minutes, or till clear; add one-half cup of sugar and a speck of salt. Fold in the stiff whites of two eggs; let the mixture cook a moment or two longer, then turn into molds and set away to cool. Serve with a soft custard made with the yolks of the eggs, a cup of milk, sweetened, and flavored with almond.

Fruit Soufflé.

Put one-half cup of boiling water in a saucepan on the stove, melt in it two tablespoons of butter, and stir in one-half cup of flour, and cook thoroughly. Then add gradually one-half cup of milk, two tablespoons of sugar, and, when cool, the yolks of two eggs. Beat well, then fold in the stiff whites of the eggs. Have a layer of jam in a pudding dish, and pour the mixture over it. Set the dish in a pan of water and bake for a half hour or more in a moderate oven.

Prune Puff.

Whip the whites of three or four eggs to a stiff froth, add slowly one-fourth cup of powdered sugar, beating all the time. Then add one cup of cooked prunes chopped or sifted, and beat until very light. Put into a small pudding dish and bake about ten minutes; then cool. Serve with a soft custard made with the

yolks of the eggs previously cooked. Other fruits may be used instead of the prunes.

These puffs may be served hot and without sauce or with whipped cream.

Fruit Foam.

With each egg white beaten stiff blend one-half cup of strained peach, or other fruit pulp, and two or more tablespoons of sugar. Serve in sherbet glasses with cake.

Whipped cream may be placed on top or beaten in with the fruit and egg. Jelly or jam may be used instead of raw fruit.

Plum Pudding.

In one cup of flour sift one-half teaspoon each of salt and of soda, one or two level teaspoons of mixed spice; add two cups of stale (not dried) bread-crumbs, one cup of finely chopped beef suet. Beat two eggs light, and add with one cup of molasses to the other ingredients, then a pound of prepared fruit, which may be a mixture of raisins, currants, citron, and candied lemon or orange peel. Figs and nuts may be added. Put in small molds and steam three hours at least. Serve with hard sauce.

Steamed Pudding.

Sift together one pint of flour, one-half teaspoon of soda, one-half teaspoon of salt, and one-fourth teaspoon of mixed spice. Add one ounce of shortening melted, one-half cup each of molasses and sour milk. Mix thoroughly, and add one-half to one cup of currants and raisins, or chopped figs or nuts. Steam in one mold or six cups from one to two hours.

Serve with a rich sauce.

Entire wheat flour may be used instead of white flour for such a pudding.

Steamed Apple Pudding.

Slice tart apples into a deep granite basin. Cover with very light bread dough, into which has been worked a large spoonful of butter. Set in a warm place for an hour. Then lift the edge of the dough, pour in from one-half to one pint of boiling water (according to size of pudding); drop the dough close again. Cut an opening in the middle. Put over this dish another basin inverted, of exactly the same size. Set on the back of a hot range and cook steadily for an hour, without lifting the cover. Serve on a hot platter, turning over the basin, so that the apples are on top. Use thick cream and maple sirup as sauce.

A quick biscuit dough may be used instead of the yeast dough.

Dutch Apple Tea Cake or Pudding.

Sift together one pint of flour, one-half teaspoon of salt, and three level teaspoons of baking powder. Rub in quickly and lightly one-fourth cup of butter, add one scant cup of milk and one well-beaten egg. Make it into a dough soft enough to spread easily on a baking pan. It should be about one-half inch thick.

Cut tart apples in eighths, remove skin and core, and press the apples into the dough in parallel rows. Serve with butter or cream or lemon sauce.

Use the same recipe for steamed berry puddings.

Cottage Pudding.

This has the same foundation as the Dutch apple cake with the addition of one-half cup of sugar. It is

usually baked. One cup of dates cut fine may be added, and the pudding served with lemon or vanilla sauce. Or drain any canned fruit, stir one cup into the pudding, and use the sirup heated and thickened for a sauce.

Fruit Puffs.

Cut open pop-overs when baked and put in one-half teaspoon of butter, one teaspoon of powdered sugar, and as many strawberries, or other fruits, as the puff will contain. Sliced peaches are especially fine served in this way. Or after the pop-over mixture is in the cups, put in each a section of peach or banana and bake. The puff mixture will enclose the fruit.

Plain Pastry.

Into one pint of pastry flour sift one-half teaspoon of salt; for meat pies add one teaspoon of baking powder, and rub in one-fourth cup or two ounces of shortening (lard or butter, etc.), then mix with about one-half cup of ice water into a stiff dough. Roll out and spread with one ounce of butter, fold and do the same again. In all one-half cup of shortening will be used. For upper crusts more may be rolled in if desired. Keep as cool as possible throughout.

Puff Pastry.

Use equal weights of flour and butter, or by measure, one pint of flour and one cup of butter. Scald the bowl and dip the hands in hot water to keep the butter from sticking. Wash the butter in cold water, divide into four parts, pat until thin, wrap it in a napkin and place in a pan between two pans of ice. Mix one-half teaspoon of salt with the flour, rub in one

part of the butter, add about one-half cup of ice water slowly, mix with a knife, and cut till it can be taken up clean from the bowl. Toss out on a well-floured board, pat into a flat cake, then roll out until half an inch thick. Roll one part of the butter thin and lay it on the middle of the paste. Fold the sides toward the middle, then the ends over, and double again. Pat and roll out again. Repeat this process with the remaining pieces of butter. When the butter is all rolled in, the paste should be rolled and folded till no streaks of butter can be seen. Chill whenever the butter softens. After the last rolling, place it on the ice to harden, that it may then be cut and shaped more easily.

Patties and Tarts.

Roll puff paste one-eighth of an inch thick, and stamp out circular pieces with a cutter, two and one-half inches in diameter. With a smaller cutter, stamp out the centers from half of these pieces, leaving rings half an inch wide. Rub a little white of egg on the top of the large rounds near the edge, put on the rings, and press them lightly to make them adhere. Put round pieces of stale bread, cut half an inch thick, in the center, to keep the paste from rising.

Apple Pie.

Line a tin or granite plate with a thin crust. Cut sour apples in quarters, remove the cores and skins, and cut each quarter in two pieces lengthwise. Fill the plate, putting the pieces of apple round the edge in regular order, and piling slightly in the middle. When the apples are not juicy, add a little water. Cover with crust without wetting the edges, and bake

about half an hour. When nearly done, boil one-half cup of sugar and two tablespoons of water five minutes. Add the grated rind of one-quarter of a lemon, or one tablespoon of lemon juice. When the pie is done, remove to an earthen plate, pour the sirup through a cut in the top, or raise the upper crust and pour it over the fruit, or simply sprinkle with sugar and bits of butter. Replace the crust; the steam will dissolve the sugar, and the pie will be sweeter and of better flavor than if sweetened before baking.

Peach pie, apricot pie, and plum pie may be prepared in the same way.

Berry Pie.

Lay the crust on a granite pie plate, floured but not greased, fill heaping with blueberries, dredge with flour, sprinkle on a few grains of salt and half a cup of sugar, and dot with a teaspoon of butter. Draw the extra crust up over the berries round the edge. Wet the top of it, and cover with the other crust, rolled to fit the plate. Press it close on the edge. Prick or gash the top and bake about half an hour. Bake in deep dish with only top crust if preferred.

Marlborough Pie.

Mix together two cups of grated apples, one and one-half cups of sugar, three eggs well beaten, two tablespoons of melted butter, the grated rind and juice of one lemon, and one cup of thin cream. This is enough for two pies, which should be baked in an under crust, with strips of pastry across the top. Or it may be used as a pudding, reserving the whites of the eggs to make a meringue for the top.

Mince Pie.

One cup of chopped meat (cold steak or roast beef which has been simmered till tender), two cups of chopped apple, one teaspoon each of salt, allspice, and cinnamon, one cup of brown sugar, half a cup of small whole raisins, half a cup of currants. Moisten with one cup of cider, or one cup of sweet pickle vinegar, or half a cup of water, juice of one lemon, and two or three spoonfuls of any jelly. Bake in two crusts.

Pumpkin Pie.

Select a fine grained, solid pumpkin, cut up, and steam or stew with very little water. Sift, add spice and sugar, spread on plates, and heat in a moderate oven to evaporate as much moisture as possible. For each pie use one cup of the prepared pumpkin, one egg, and two cups or more of rich milk. Add sugar and spice as needed — cinnamon, ginger, and nutmeg seem to belong to pumpkin pie. Bake in a deep plate, with one crust, slowly until the pie puffs in the center and becomes brown.

Squash Pie.

Use the dry, mealy squashes; the watery kind are no better for pies than for the dinner as a vegetable. Stew or bake the squash till tender. Sift it, and allow one cup and one-half for an ordinary sized pie. Mix with the squash one cup of boiling milk, one-half cup of sugar, one-half teaspoon of salt, one-fourth teaspoon of cinnamon, and one egg beaten slightly. Line a granite pie plate with paste, allowing enough for a fluted rim, fill with the squash mixture, and bake in a

hot oven until the crust is brown and the squash puffs up in the center.

Lemon Pie.

Pour one cup of hot water over one-half cup of fine stale bread-crumbs; add one saltspoon of salt, one-half cup of sugar, juice and grated rind of one lemon, two egg yolks well beaten; pour this mixture into pie-tin lined with paste, and bake till crust is done; cool, and cover with meringue made from the two egg whites and one-fourth cup of powdered sugar. Brown in a slow oven.

Mince Pie for Summer.

Mix one-fourth cup each of molasses, sugar, vinegar and water, and scald with one-half cup of chopped raisins. Then stir in one ounce of butter, one-fourth cup of coarse cracker crumbs, and flavor with one-half teaspoon of mixed spice. One beaten egg may or may not be added. Bake between two crusts.

Lemon Turnover Filling.

Cook together two tablespoons each of butter and corn-starch, add one cup of liquid (water, with the juice of one lemon), when thick and smooth stir in one beaten egg and cook three minutes longer. Then add one cup of sugar, a little of the grated lemon rind, and from one-half to one cup of currants or citron and raisins cut fine. If too thin when cold, add fine cracker crumbs, but some moisture will be absorbed by the dry fruit. Make a few days before it is to be used.

Brambles.

One cup of chopped raisins, one cup of sugar, one egg, grated rind and juice of a lemon. Make a pie

crust and cut in rounds; fill one-half and turn the other over and pinch down. Bake in rather a slow oven.

The addition of a few chopped walnuts gives variety.

Rhubarb Pie with one Crust.

Wash the rhubarb and cut off the root and leaf end, but do not peel it, unless very tough, for the pink skin gives a fine color and flavor. If it is a very sour variety, pour boiling water over it and let it stand five minutes, then drain it. Put the rhubarb, cut into inch pieces, into a deep dish, earthen or granite, and sprinkle over it one level cup of sugar to each heaped pint of rhubarb. If you like the sirup thick, mix one level tablespoon of corn-starch with the sugar. Add also one saltspoon of salt. Cover with a rich pastry crust and bake about half an hour.

Another kind of rhubarb pie is made by chopping the rhubarb fine, and with each cup of that mix one beaten egg, one-half cup of sugar, and a sprinkle of flour.

Gelatin Puddings.

The usual family package of a standard gelatin is sufficient for two quarts of jelly. The powdered and granulated gelatins may be measured by the tablespoon. One tablespoon is equivalent to one-fourth of the ordinary box.

Soak gelatin in cold water, the time varying according to the size of the particles. This cold water must be counted in the whole amount to be used. Never use more gelatin than the directions on the package call for, unless show rather than flavor is the object. A smaller proportion is required to thicken creams,

custards, or fruit pulps than for a coffee or fruit jelly.

After soaking, the gelatin should be dissolved with boiling liquid. Use no more than is required, add the remainder of the liquid cold, and cool as rapidly as possible. Gelatin is not improved by cooking. The quantity of sugar must be varied according to the acidity of the fruit juices used.

Earthen molds are preferable to tin, especially for acid jellies, but the cooling process is slower. Agate-ware combines the advantages of both earthen and tin.

Six hours or longer in a cool place is needed to make a large mold firm. By use of cracked ice with salt the process may be hastened, and small shapes cool quicker than large ones.

Jelly that is shaken or even slightly jarred after it begins to harden is liable to crack when it is turned from the molds. With the foregoing points in mind an almost infinite variety of acceptable summer desserts can be made from fruit juices, whipped cream, and soft custard stiffened with gelatin.

There are three distinct types: Jellies which may or may not have fruits molded in them; creams known as Bavarian or Italian, etc., which may be part cream, part custard, and part fruit juice or pulp; sponges, either a jelly or cream, into which, as it begins to harden, stiff egg whites or whipped cream is folded, giving a spongy effect.

Lemon Jelly.

Soak one-fourth box of gelatin in cold water. Pour over it, stirring meanwhile, enough boiling water to actually dissolve it, and no more; add about one-half

cup of sugar, one-fourth cup of lemon juice, a speck of salt, and enough ice-water to make a pint in all. Strain and cool.

Orange Jelly

Is made like lemon jelly, but a larger proportion of juice is necessary, as orange is less potent than lemon.

Macédoine of Fruit.

Use either lemon or orange jelly and strain it into a pitcher. Set a mold in a pan of crushed ice and salt, pour in a half inch layer of jelly, and let it harden. Then arrange over it a garnish of different fruits, nuts, etc., and pour over a little more jelly without disturbing the pattern, and let that harden. Proceed thus until the dish is full.

Chartreuse of Fruit.

Line a mold with jelly by first letting a layer harden in the bottom, then gently place a smaller mold on that, and fill the space between the sides with liquid jelly. When hard fill the center mold with warm (not hot) water, and in a minute the mold can be pulled out without disturbing the jelly. Color the remainder of the jelly pink, or beat it until full of bubbles, and mix with any fruit cut into bits. Fill the lined mold with this mixture, and chill.

Snow Pudding.

This consists of a lemon or orange jelly with which the whites of eggs are beaten, while the yolks are made into a soft custard to serve as sauce.

Coffee Cream.

With an egg whip beat one cup of heavy cream until

it begins to thicken, then gradually beat in a spoonful at a time of slightly thickened coffee jelly, using one pint in all. The coffee jelly may be made like a lemon jelly from fresh or left-over coffee. Less sugar is needed than with the lemon juice.

Peach Bavarian Cream.

Select six or eight of the best half peaches from a can and put in cups. Rub the remainder of the peach and juice through a strainer and make into a jelly, adding a little lemon juice and more sugar. Beat one cup of heavy cream stiff and combine with a pint of the jelly, and fill the cups where the peaches are.

When turned out garnish with whipped cream and cubes of any peach jelly remaining, which may be colored pink if desired.

Use canned cherries in the same way.

Quaking Pudding.

Make a soft custard with one pint of milk, the yolks of two or three eggs, and one-fourth cup of sugar, or one cup of custard and one cup of scalded cream may be combined. When taken from the fire dissolve in it one-fourth box of gelatin softened in cold water. Strain, flavor, and cool. This may be served with whipped cream, or fruit or chocolate sauce.

Crumbs of stale cake may be arranged in a mold and such a cream poured over them, and the whole left to chill.

Apricot Sponge.

Make a pint of jelly with gelatin, from dried apricots, stewed and strained. When cool beat in whites of two eggs, or one cup of thick cream, whipped, or use

the white of one egg and one-half cup of cream. Use any other fruit pulp in the same way.

Fruit Sponges.

Make a soft custard with one pint of milk and the yolks of three eggs. Take from the fire and add one-half box of gelatin soaked in one-half cup of cold water, one-half cup of sugar, and a speck of salt. Strain and cool, stirring occasionally. When it begins to thicken beat thoroughly, and add one-half pint of sifted fruit pulp and the stiffly beaten whites of the eggs.

Or dissolve the gelatin in the hot fruit pulp, and when cold fold in one pint of cream, whipped. Pack in molds and serve cold. Whipped cream may be added as a garnish.

Either a cream or fruit jelly, or both together, may be blended with either whipped cream and stiff egg whites, or both. The important point is not to attempt the blending until the jelly or cream is half thickened. Then the sponge will be of uniform texture throughout, otherwise the jelly will separate from the froth and settle, while the froth stays on top, and, therefore, is at the bottom when the dessert is turned out of the mold.

Whipped Cream.

Heavy cream, costing forty to sixty cents a quart, may be whipped with an egg beater and forced through fancy tubes for a garnish, or used for filling cream puffs, etc. It may be slightly diluted for this purpose with fruit juice, strong coffee, or milk, and then is less likely to turn to butter in whipping.

Thin cream, or the heavy cream combined with an equal quantity of milk, is whipped with a special churn. Put cream and churn in a deep bowl, move the dasher down quickly and up slowly. Skim off the froth as it rises, and drain on a fine strainer.

All cream to whip should be chilled.

Charlotte Russe.

Whip one quart of thin cream and drain on a fine strainer. Soften one-fourth box of gelatin, and dissolve by heating with a little of the cream which drips from the whip; add one-half cup of powdered sugar, a speck of salt, and one teaspoon of vanilla. Strain into an agate pan set in ice water; as the jelly thickens, with a wire whisk fold in the whipped cream. When all is mixed put in cups or a large mold lined with lady-fingers or thin slices of sponge cake.

Frozen Desserts.

So many names are given to different frozen desserts that a few words of explanation are needed.

Ice-Cream.

This consists mainly or entirely of cream, and takes a specific name from the substance used for flavoring.

Frozen Pudding.

Ice-cream or custard, highly flavored, and containing preserved fruits and nuts becomes frozen pudding. It is often served with a sauce.

Mousse.

The name is due to the mossy, feathery ice developed in whipped cream, which is put into a mold, and packed for several hours in ice and salt.

Water Ices.

These are frozen without rapid motion, which would interfere with the clearness of the ice; fruit juices are the principal ingredient.

Sherbets.

Water ices frozen more rapidly are called sherbets, and white of egg or gelatin is often added to give a creamy consistency.

Frappé.

These ices are served when half frozen or like a mush.

In the city it is more convenient and often cheaper to buy ices, but in the country an ice-cream freezer is a valuable aid, though many ices may be prepared without a regular freezer. Ices are more easily prepared than pies, and during the summer are far more acceptable.

A few general laws apply to all frozen desserts. The proportion of sugar and flavoring must be about double that needed for an ordinary pudding. For water ices it is considered better to boil the sugar and water together to form a sirup. This may be made in large quantities and kept on hand.

Fruits mashed or cut up become lumps of ice in a cream, therefore, it is better to use only juice and pulp pressed through a linen strainer and discard skins and seeds.

The heavy cream which is sold at forty cents a quart must be reduced by milk or fruit juices, or the action of the freezer is likely to produce butter.

Scalded cream gives a solid smoothness. For a

different effect whipped cream may be added after an ice is partially frozen.

Milk sherbets latterly have been great favorites; when the milk is ice-cold, acid fruit juice may be put with it without danger of curdling.

Condensed milk may be used for ice-cream, reducing it with water as directed on the can.

Lemon juice may be combined with any fruit, and serves to bring out the flavor of the other. A small quantity of salt should be added to all ice-creams and sherbets.

Where cream is not attainable, a soft custard is often used as the foundation for an ice-cream. Milk may be slightly thickened with flour, arrowroot, or corn-starch, and if the starch is thoroughly cooked, this is more satisfactory than if egg alone is used for thickening the milk.

A small quantity of gelatin is generally put in sherbets, and may be used in ice-cream to aid in molding it.

Junket tablets are sometimes used to thicken the milk slightly before freezing. From one-half to one tablet is dissolved in each quart of milk.

One part of coarse salt and three parts of ice, pounded nearly as fine as the salt, are combined to do the freezing ordinarily.

For frappe the quantity of salt is increased.

The cream or custard should be chilled before it is put in the freezer can. Since the cream will expand while being frozen, the cans must not be filled full.

Rapid motion of the crank is a waste of energy except for ices in which a light consistency is desired. When it becomes difficult to turn the handle the work is done.

The flavor of most ices is improved if they are packed for several hours after being frozen.

After the dasher is removed the frozen mass may be packed down smoothly in the can or put in other molds. These are to be packed full, a thin paper spread over the top, the cover put on, and all cracks around the cover filled with soft butter. In the same way a mousse is put into the molds, which are then packed in ice and salt for hours.

To remove the ice dip the mold in slightly warm water, or wrap it for a moment in a towel wrung out of hot water. Unless this is done carefully the outlines of elaborate molds will be melted.

Ices for an invalid, or beef tea, clam juice, etc., may be frozen in a glass jar or small tin can.

Orange baskets are the prettiest dishes in which to serve an orange ice. Banana skins may be filled with banana ice-cream or with whipped cream, and packed in a tin box in ice and salt until frozen, and then served like fresh fruit.

Ice-Cream.

Scald one pint of milk, reserving enough to make a smooth paste with one-fourth cup of flour, mix with the hot milk, and cook in double boiler half an hour; add beaten yolks of three eggs, cook five minutes longer, stirring constantly, then add one cup of sugar, one saltspoon of salt, and strain. When cool mix with one pint of thin cream. Flavor as desired and freeze.

Philadelphia Ice-Cream.

One quart of thin cream, one scant cup of sugar, speck of salt, and flavoring.

For a smooth, rich ice-cream first scald the cream,

then add the sugar, and cool and flavor just before freezing.

Variations.

To either of these foundation recipes for ice-cream, or to one quart of soft custard, may be added from one cup to one pint of any fruit juice or pulp, with more sugar according to the acidity of the fruit.

Or one cup of fine crumbs of brown bread, cocoa-nut cakes, or macaroons, or nuts, or candied fruits chopped fine.

Mousse or Parfait.

Over two beaten egg yolks pour slowly one cup of hot maple sirup, or any sweet, thick fruit sirup. Cook in double boiler till it thickens like custard. Cool and combine with one pint of thick cream beaten stiff, or the whip from thinner cream. Fill molds and pack in ice and salt for three or four hours.

Coffee Mousse.

Make the sirup with one-half cup of sugar and one cup of strong coffee, and proceed as above.

Nesselrode Pudding.

Shell, blanch, and boil one pint of chestnuts. Put through a sieve and mix with one quart of custard or cream. When partly frozen mix in one-fourth cup of candied fruits cut fine.

Frozen Rice Pudding.

Cook one-half cup of rice with one quart of milk in a double boiler for one hour or more, add one cup of sugar, a speck of salt, cool, flavor, and freeze. When half frozen add one pint of thick cream whipped with

one-fourth cup of sugar. The yolks of three eggs may be added to the hot rice as it is taken from the stove if the cream is not available. Serve with preserved ginger or other fruit.

Macédoine Ice.

Combine one pint of water with one pint of fruit juice and pulp, — two oranges, two bananas, one lemon, and grated pineapple. Make it very sweet, add a little salt, and freeze till mushy, and remove the dasher. Stir in the froth from a pint of thin cream, giving a marbled appearance, and pack for an hour.

Other combinations of fruit may be used.

Fresh Fruit Ice.

Fill punch glasses half full with vanilla ice-cream. Crush strawberries and sweeten to taste with sugar sirup. Pour the fruit over the ice-cream, nearly filling the glass.

Maple Sauce for Ice-Cream.

Put one pound of maple sugar, broken or rolled, one cup of thin cream, and two tablespoons of butter in a granite saucepan, and boil without stirring until it forms a soft, waxy ball when dropped in cold water. Keep the pan in another of hot water on the back of the stove until ready to serve. It will candy on the ice-cream like hot maple sirup on the snow in sugaring time.

Pineapple Sherbet.

One can of grated pineapple, one cup of sugar, juice of two lemons, one tablespoon of powdered gelatin, one quart of water or milk.

Café Frappé.

Dissolve three-fourths cup of sugar in a quart of coffee. Freeze soft, serve in glasses with whipped cream on top. Use about equal parts of salt and ice for freezing.

Grape Sherbet.

Chill a quart of rich milk in the freezer. Warm half a pint of Concord grape jelly; as it dissolves add half a cup of sugar. Mix with the milk and freeze. Or use one pint of grape juice with thin cream.

Frozen Mint.

Make a quart of lemon ice. To two tablespoons of water add one teaspoon of essence of peppermint, and stir into the ice, with enough spinach coloring to make it a delicate green; pack in a mold and bury in ice and salt; the mint is greatly improved by standing. Serve like a cordial, in small glasses.

Ice-Cream from Left-Overs.

A pint of boiled custard left from yesterday's dessert, a saucerful of canned pears, an equal quantity of some other fruit, and one-half cup of cream, sweetened and flavored, more if necessary may be frozen into a delicious dessert.

Many such combinations may be made from what happens to be on hand that will prove satisfactory enough to bear repetition.

Ice-Cream Croquettes.

Shape well-frozen cream by packing solidly into a small scoop, then roll the cream in crumbs of macaroons which have been rolled and softened.

Creamy Sauce for Puddings.

Rub one-half cup of butter until creamy. Gradually add one cup of powdered sugar and one-half cup of thick cream. Flavor as desired.

Fruit Sauce.

Blend one-half cup of butter and one cup of sugar, and gradually work in one-half cup of jelly or thick fruit juice.

Hard Sauce.

Pour one tablespoon of boiling water over one-half cup of butter, stir until creamy, and mix in one cup of granulated sugar. Flavor with nutmeg, or extract of lemon or mace. Serve in orange or lemon cups, or heap in a small dish.

Golden Sauce.

Rub one-half cup of butter till soft, add one-half cup of light brown sugar, and beat until very light and creamy. Beat the yolks of two eggs, and when ready to serve put the bowl or pan containing the sugar over boiling water and stir until it is liquid, then add the eggs, one-eighth teaspoon of mace, and one-half cup of fruit juice, and stir until it thickens. Serve at once and stir it before each pouring.

Sponge Sauce.

Beat the yolks of three eggs with one-fourth cup of powdered sugar, and pour one-half cup of boiling fruit juice over the mixture. Then fold in the stiff whites of the eggs and serve at once.

Liquid Sauce with Variations.

Grate the rind of an orange or lemon and squeeze

the juice over it. In a saucepan, mix one cup of sugar with one-fourth cup of flour or half as much corn-starch. Pour in one pint of boiling water, and cook from five to ten minutes, till thick and nearly clear, stirring constantly. Add one ounce of butter and the orange, and strain. This sauce will keep for several days, and may be reheated.

The yolk of one or more eggs may be blended with the sauce just before straining, and the stiff whites folded in after. Other fruit juices may take the place of part of the liquid.

Molasses Sauce.

Scald one cup of molasses with one ounce of butter and one tablespoon of vinegar. Serve hot with apple dumplings.

Chocolate Sauce.

Melt one ounce of chocolate in one-half cup of water; add one cup of sugar, and when boiling, pour over one-half cup of thick cream, plain or whipped, and serve at once.

Caramel Sauce.

Make a sirup as for caramel custard, and serve plain, or combined with thick cream whipped.

Cakes.

The old-fashioned pound cake, or cup cake, or "one, two, three, four" cake is the mother of all the many cakes of to-day in which butter is used. While the old "diet bread" or sponge cake is the foundation from which the angel and sunshine cakes, the lady fingers, jelly rolls, and meringues have been derived.

A certain relative proportion is to be followed in butter cakes; there is less butter than sugar, and less sugar than flour. Less baking powder is required with a given measure of flour than would be necessary for a dough without eggs. Thus an even teaspoon of baking powder is ample for each cup of flour for a cake where several eggs are used. When there is an excess of baking powder, the cake is liable to be coarse grained and to dry quickly.

The doughnut mixture is not unlike a cottage pudding dough, with the addition of flour to make it stiff enough to roll easily. Or it is similar to the quick biscuit dough, with the addition of sugar, egg, and spice. Because doughnuts are cooked in fat, less shortening is required than for most stiff doughs.

Cooky doughs are more like pastry, with the addition of sugar, spice, and egg, and the same care should be given to keeping the dough cold in order to roll and cut it without adhering to the board.

Changes in the proportions of materials often lead to changes in the manner of mixing them. For example, where a small quantity of shortening is used in batters, it may be melted and beaten in, but where a

large proportion is required, it should be rubbed till creamy and blended with the sugar as for cake, or mixed into the flour as in pastry-making. For stiff doughs which are to be rolled, it is essential that the fat should be cold, since even a small quantity, if warm, will tend to make the dough soft and sticky.

The shape in which cake is to be baked should decide the proportion of flour to be used. Layer cakes or small cakes require less flour than large loaves. This is probably because the small cake is stiffened quicker by the heat.

Variations in cake are easily obtained through changes in flavoring ingredients. To mix chocolate in the cake, melt it and mix with the sugar and butter.

Almond paste can be rubbed into the butter and sugar in making cookies; it is rather rich and heavy for a cake. Desiccated cocoanut, chopped nuts, raisins, currants, dates, citron, candied orange, and lemon peel, singly or in various combinations, serve to give many cakes from a single recipe.

In rubbing butter and sugar to a cream the warmth of the bowl, or the hand if that be used, or from the friction, causes the butter to soften and become almost a liquid or like thick cream; that is why we call it "creaming the butter." Some of the sugar also is dissolved and combines with the soft butter. When milk is added, especially if it be colder, as it usually is, it immediately chills the butter and causes it to harden again in tiny lumps. It also unites with the sugar which has melted and dissolves any that may be still in a crystallized form, and separates it from the butter. The milk does not become sour as it does when curdled by an acid, but the hardened butter

separates from the liquid and gives the curdled appearance. Probably the fat in the butter unites with the fat of the milk, but as fat does not unite readily with water, the whey or water of the milk separates from the other parts.

In beating the eggs we make bubbles of air similar to soap bubbles when air is blown into soapy water; the albumen of the egg forming the wall of the air cell. When the eggs are beaten into the butter the fat combines with the albumen and helps to entangle and hold the air, but when we stir a watery liquid, like milk, into the mixture, we break up some of these fine bubbles and this makes large cells, and the result is a coarse-grained cake, unless we beat in at the last enough more air to make another lot of bubbles.

This may be avoided by simply pouring the milk into the bowl and not stirring it until the flour is added; or, better still, by adding a few spoonfuls of flour first, then a little of the milk, and then a little flour, beating well after each time, and so on, alternately, until the full measure is used. Add the beaten whites last. All cakes made with butter require to be beaten long and vigorously after the flour is in that they may be smooth and fine grained

Sponge Cake.

Grate the yellow rind from half a lemon, squeeze the juice over it, let it stand awhile, then strain. Use from four to six eggs according to their size. Beat the yolks thoroughly, add one cup of sugar, and the lemon juice, and beat again. Sprinkle one-fourth teaspoon of salt over the whites of the eggs and beat until stiff, but not too dry. Fold a part of the stiff

whites into the yolks, sift over part of one cup of flour, then add the remainder of the whites and of the flour. Do not stir to break the air bubbles. Bake in a moderate oven for nearly one hour, if in one loaf.

A sprinkle of powdered sugar over the top of the cake before the pan is put in the oven produces a flaky crust.

Lady Fingers, Sponge Drops, Layer Cakes.

The sponge or angel cake mixture may be used for sponge drops or put through a pastry bag and tube for lady fingers, or baked in patty pans or in layers.

Chocolate Sponge Cake.

Make as above, sifting one ounce of cocoa with the sugar or flour.

White Sponge Cake or Angel Cake.

Use one cup each of egg whites and sugar, and one scant cup of flour, one-half teaspoon of cream of tartar, one-fourth teaspoon of salt, and one-half teaspoon of flavoring, almond or vanilla. Beat the egg whites stiff, sifting the cream of tartar over them, and add flavoring. Mix sugar, salt, and flour and sift several times, then sift gently over the stiff whites, and fold together with as little mixing as possible. Sometimes the sugar is added first and the flour afterward.

Put in an ungreased pan with a center funnel and bake in a moderate oven for nearly an hour. Then invert the pan until the cake slips out. Frost if desired.

Sunshine Cake.

This is angel cake to which is added half as many yolks as whites of eggs.

Hot Water Cake.

Beat two eggs with a scant cup of sugar until very light, add one-fourth teaspoon of salt, one-half teaspoon of lemon extract, and one-fourth cup of rapidly boiling water, beating all the time. Quickly stir in one cup of flour in which one teaspoon of baking powder has been sifted.

Bake in small pans or layers.

Meringues or Kisses.

Beat egg whites stiff, and fold in one-fourth cup of powdered sugar for each white. A little cream of tartar may be used as for angel cake. Flavor, drop in small shapes on ungreased paper, and bake slowly for thirty minutes or more, until dry and slightly brown.

The mixture may be heaped on small crackers or cookies, and then baked. Cocoa, desiccated cocoanut, chopped nuts, color pastes, or tiny candies may be used to give variety.

When desired to fill with cream, put the paper over a board before baking. The under part will not be cooked, and may be scraped out, leaving a crisp shell to fill.

Plain Cake.

With one-fourth cup (two ounces) of butter creamed, mix gradually three-fourths cup of sugar, next add two egg yolks and beat thoroughly, then add alternately one-half cup of milk and one and one-half cups of flour in which two teaspoons of baking powder have been sifted. Flavor with one saltspoon of spice or one-half teaspoon of extract. Lastly fold in two egg whites stiffly beaten.

White Cake.

Leave out the yolks and mix as plain cake. The whites of three eggs may be used instead of two.

Chocolate Cake or Devil's Food.

Melt one ounce of chocolate and add to the creamed butter and sugar of the plain cake. Or use one-fourth cup of cocoa instead of chocolate. Flavor with vanilla.

Marble or Leopard Cake.

Color half of the plain cake dough with one-half ounce of chocolate melted, or with two tablespoons of molasses or caramel and one teaspoon of mixed spice.

Mix the white and dark cake in the pan so they will be mingled and yet distinct.

Ribbon Cake.

To one-third of the plain cake dough add one teaspoon of mixed spice, two tablespoons of molasses or caramel, and one-half cup of chopped raisins. Bake this in one pan and the remainder in two pans, and when done put the fruit cake between the others with a layer of frosting to hold them together.

Nut Cake.

To the plain cake add one-half cup of fine chopped walnuts, or pecans. Bake in two shallow pans, and cover with boiled frosting, and ornament with halved nuts.

Light Fruit Cake.

To the plain cake add the fruit last. Use one-fourth cup of citron sliced very thin, one-fourth cup of currants, and one-half cup of seeded and chopped raisins. A little mace will improve the flavor.

Orange Cake.

Bake the plain cake in two rather thick layers. Between these put a thick cream or custard filling, flavored with orange juice and rind; or the pulp cut fine and sweetened, and thickened with gelatin. Cover the top layer with orange frosting. This frosting is sometimes used between the layers in place of the cut orange or cream filling.

Silver Cake.

Mix like the plain cake, omitting the egg yolks and using four whites.

Gold Cake.

Omit the egg whites and use the four yolks.

Sunrise Cake.

Cream one-half cup of butter, add one cup of sugar, the well-beaten yolks of six eggs, one-half cup of milk, and two cups of flour, with which two teaspoons of baking powder has been sifted. Flavor with one-half teaspoon each of lemon and vanilla extract.

Pound Cake.

Cream one-half cup of butter, gradually add three-fourths cup of sugar and work till very smooth and light. Add a saltspoon of mace, a tablespoon of lemon juice, and one by one beat in three eggs. Then mix in one cup of flour. Bake in small shapes in a moderate oven for half an hour or more.

Fruit Cake.

To the pound cake mixture above add one teaspoon of mixed spice and from one-half to one pound of fruit, currants, chopped raisins, and sliced citron.

Macaroons.

Crumble or grate one-fourth pound or one-half cup of almond paste, mix with one egg white, and beat till smooth and stiff. Gradually add one-fourth to one-half cup of powdered sugar. Roll in balls or drop from a teaspoon on ungreased paper spread on pans. Bake in a moderate oven about thirty minutes. Brush the under side of the paper with water to remove it from the cakes.

Oatmeal Macaroons.

Rub one tablespoon of butter into one-half cup of sugar, and mix with one well-beaten egg. Stir in one and one-half cups of rolled oats, one-fourth teaspoon of salt, and one-half teaspoon of baking powder.

Drop small shapes on greased pans, and bake in a hot oven until brown and crisp.

Cream Puffs.

Put one cup of water in a small saucepan on the stove with one-fourth cup of butter and one saltspoon of salt. When boiling, quickly stir in one cup of flour and let it cook, stirring constantly till the mass leaves the sides of the pan in a smooth ball of paste. Milk may be used instead of water.

When cool, beat in four eggs, one at a time, then beat the mixture thoroughly. Drop on buttered pans and bake thirty minutes, until light and dry when lifted from the pan. Then they will not shrivel up afterward.

This quantity will make one dozen large puffs. The paste may be kept uncooked in a cool place for a day or two.

Such shells may be filled with creamed meat like those made from puff pastry, but the sweet fillings are more commonly used.

An ounce of chopped or grated cheese, or fine chopped ham, is sometimes stirred into the cream puff paste, which is then baked or fried in small shapes to serve with soups or salads.

Eclairs.

The same mixture as for cream puffs is put through a bag and tube in long, narrow rolls. When baked, they are filled with a thick cream filling and are frosted.

Vanity Fritters.

Fry the cream puff dough by teaspoonfuls in deep fat until puffy, brown, and crisp. Drain on paper, then roll in a mixture of sugar and cinnamon.

Sections of fruit may be coated with this mixture and fried for fruit fritters.

White Frosting.

One egg white, one teaspoon of lemon juice, one cup of powdered sugar. Beat together for five minutes or till it begins to thicken. Spread over the cake and give it time to harden. For pink frosting beat in a few drops of dissolved pink gelatin.

Chocolate Frosting.

One-half ounce chocolate, melted, two tablespoons of boiling water, mix with about one cup of powdered sugar. Flavor further with vanilla if desired.

Coffee Frosting.

Steep one-fourth cup of coffee in one-half cup of

water for ten minutes, and strain. Mix two tablespoons of this extract with each cup of powdered sugar.

Orange Frosting.

Grate the rind from a yellow orange. Squeeze two or three tablespoons of juice over it, and let it stand for an hour or more. Strain and mix the juice with one cup of powdered sugar or enough to keep its shape when spread on the cake. The yolk of an egg may be added to supply lack of color in the orange.

Frosting.

One cup of powdered sugar, one tablespoon of cornstarch, two tablespoons of water or milk, flavor as desired. Spread with a wet knife.

Boiled Frosting.

Boil one cup of fine granulated sugar with one-third cup of hot water in which one-fourth teaspoon of cream of tartar is dissolved without stirring, until the sirup taken up on a skewer will "thread" or "rope." When it is at that point, beat one egg white stiff, and pour the boiling sirup over the egg in a fine stream, beating well. When it thickens and is perfectly smooth, pour it over the cake. It hardens quickly, and should be put on the cake before it stiffens enough to drop.

Boiled Chocolate Frosting.

Add two tablespoons of cocoa or one square of chocolate, melted, to the sirup described above while it is still hot.

Caramel Frosting.

Boil one cup of light brown sugar, one tablespoon of butter, one-third cup of cream in a granite saucepan until, when dropped in cold water, it is hard enough to be waxy. Stir only enough to keep from burning. Flavor with vanilla. Then set the pan in cold water, as it hardens, spread it on the cake while it is still soft enough to spread. It will settle into a smooth surface almost instantly.

Cream Filling.

Scald one cup of milk (or part milk, part coffee, or fruit juice), reserving enough to mix with two tablespoons of flour, add this to the hot milk, stir smooth, and cook ten to twenty minutes, then add one beaten egg or two yolks; cook one or two minutes longer. Take from the fire, add one-half cup of sugar, one-half teaspoon of flavoring. When cool, spread between layers or put in cream puffs.

Orange Butter.

In a double boiler cook together one-fourth pound of butter, one cup of sugar, the grated rind and the juice of two oranges, and two eggs or four yolks. Strain and use when cold between layer cakes, or with the addition of chopped raisins, currants, citron, and candied peel as a filling for turnovers of pastry.

Fruit Filling for Cakes.

Bake a sponge-cake in layers. Chop fine one cup of stewed prunes or other fruit or rub through a strainer, beat the whites of four eggs to a froth, add the fruit and sugar to sweeten. Spread half of this on one

layer of cake, put on the second layer and the remainder of the filling, and whipped cream on top of that.

Fig Filling.

Chop one pound of figs, add one-half cup of sugar and one tablespoon of lemon juice, one cup of water, and stew until soft and smooth. Spread between the layers, and ice the whole cake with boiled icing.

Mocha Cream Filling.

Cream one-fourth cup of butter, adding gradually one cup of powdered sugar. Flavor with coffee extract, prepared as for coffee frosting. Combine with one-half cup of cream filling. This may be put through a bag and tube on top of cakes.

Cookies.

It is unnecessary to have many recipes in order to obtain different kinds of cookies. A single good formula may be varied to suit all occasions, provided one understands how to mix such a dough; otherwise, all recipes are of little avail.

When variety is desired, before all the flour is added, divide the mixture into four portions; to one add one teaspoon of lemon extract, to another one-half cup of desiccated cocoanut, to the third, one-half ounce of chocolate, melted, or a tablespoon of cocoa sifted in with a little flour; to the fourth, one teaspoon of mixed spice and a half cup of chopped raisins and citron.

The dough may be further divided and one portion flavored with ginger, another with rose, another with almond, and chopped almonds sprinkled on top, when

cut out, and the last flavored with mace, chopped lemon peel, and currants.

Or roll part of the dough in a thin sheet and sprinkle with cinnamon, cloves, and nutmeg. Fold the sheet once, gently roll it to former thickness, cut out and bake. These cookies will be aromatic, but with no outward sign of spice. For variety, finely chopped raisins or dates or well-crushed English walnuts may be folded in with the spice.

Fancy cutters lend their aid in furnishing an assortment of cookies from a single lot of dough, and are desirable when these sweetmeats are for children's parties.

To avoid confusion afterward, each flavor may be cut in a different shape. Where one has not a variety of fancy cutters, a pastry-wheel or jagger can be used, or with a good eye and a steady hand, all sorts of shapes, letters, etc., may be cut with an ordinary knife.

After baking, a part of the cakes may be iced and decorated with colored frostings.

Slight changes in some of the quantities used will bring about different results. For a thick soft cake, use less flour and drop on the pan from a spoon, or roll with the hands into balls the size of a nutmeg and flatten a little after placing on the buttered pan.

It is easy to see how a recipe for plain cookies may be merged into a richer one by increasing the quantities of butter, sugar, and egg, or by decreasing the flour and liquid. The foundation of most of the old-time recipes for cookies closely resemble pound-cake. Baking powder is not made to do the work of eggs, nor is any other fat allowed in place of sweet, solid butter;

these were the only secrets of their good flavor and keeping qualities.

Some butter contains so much sour milk or cream that in cookies that are to be kept for a long time it is desirable to add a bit of soda to counteract this acidity.

Entire wheat flour, or half oatmeal, half white flour, may be used in place of all white flour in cookies for children.

Plain Cookies.

Rub one-half cup of butter until creamy, gradually add one cup of sugar, then put in one egg and beat together thoroughly. Next add, alternately, one-half cup of milk or water and one pint of flour in which two teaspoons of baking powder have been sifted. Use enough more flour to make a soft dough, from one to two cupfuls, according to the nature of the flour.

Cream Cookies.

Mix together one-half cup of thick sour cream, one egg, one cup of sugar, one-half teaspoon of salt, one pint of flour in which one-fourth of a level teaspoon of soda has been sifted, and enough more flour to make a dough that can be rolled. Flavor with one tablespoon of caraway seeds.

Cookies.

Cream one cup of butter, add two cups of sugar, and three eggs, one at a time, beating each in thoroughly before adding the next. Then add a bit of soda, about one-eighth of a level teaspoon dissolved in a tablespoon of cold water, and next gradually work in about one quart or four cups of flour.

Or use less flour and drop from a tablespoon on a buttered dripping pan, about two inches apart, and put nuts on the top of each. They may run together, but can be cut apart before they are cold.

Or grease the under side of a baking sheet and dredge a very little flour on it. Spread the dough upon the pan with the rolling-pin or a knife, till less than a quarter of an inch in thickness. Bake in a hot oven.

Make a boiled icing and spread on the cake while it is still warm. While the icing is still soft, scatter candied caraway seeds thickly upon it. When cold, cut the cake in strips an inch and a half wide; cutting these strips diagonally will form diamonds.

Wafers.

Cream one-fourth cup (two ounces) of butter gradually, add one-half cup of powdered sugar, and almost, drop by drop, four tablespoons of milk. Next mix in a scant cup of bread flour and a few drops of any flavoring extract preferred. Spread on the bottom of an inverted dripping pan as thin as possible. The pan should be buttered unless it is very smooth.

Mark in squares, then sprinkle with nuts, and bake in a moderate oven. In five minutes they should be ready to roll, and this must be done at the oven door before they have a chance to cool a particle. Sometimes they are rolled over the handle of a wooden spoon.

Almond paste may be creamed in with the butter, or flavor with cinnamon or vanilla.

These may be tinted pink or green with color pastes. They may be kept some little time in good condition

by putting them between layers of paraffin paper in air-tight cases.

Orange Wafers.

Cream one-fourth cup of butter, add one-half cup of sugar, the yolks of two eggs, one tablespoon of orange juice in which the grated peel has been soaked. Mix with one scant cup of flour with which one teaspoon of baking powder has been sifted. Chill, roll very thin, and put a bit of candied orange peel on each.

Hermits.

One cup each of butter and sugar, two eggs, one-fourth teaspoon of soda, one teaspoon of cinnamon, one-half teaspoon of cloves, a little nutmeg, one-fourth teaspoon of salt, and enough flour to make it stiff enough to drop. Stir in one cup or more of raisins, which have been chopped fine, or part raisins and part nuts. Mix in the order given, and drop from a tablespoon into a well-buttered shallow pan, or add more flour, and roll and cut.

Peanut Cookies.

Cream together two ounces of butter and one-half cup of sugar, add one egg, well beaten, two tablespoons of milk, and one-half teaspoon of salt.

Mix one teaspoon of baking powder with one cup of flour, stir it in, and add one cup of finely chopped peanuts. Drop it by the teaspoonful on buttered tins an inch or two apart, put a half peanut on each, and bake in a quick oven.

Molasses Cookies.

Scald one cup of molasses, take from the stove and

stir in one-half cup of butter, one-half cup of sugar, one tablespoon of ginger, and a little salt. When cool, add one-fourth cup of water in which one-half teaspoon of soda is dissolved. Mix with enough flour to make a soft dough — about one quart. Roll till about one-eighth inch thick, cut out, and bake in a moderate oven.

Soft Molasses Gingerbread.

Sift together one pint of flour, one-half teaspoon each of salt and soda, and one teaspoon of ginger. Mix with one scant cup of molasses and two tablespoons of fat softened in one-half cup of hot water. Spread in a shallow pan or bake in muffin pans for twenty minutes or more in a moderate oven.

Shredded cocoanut or almonds or peanuts may be sprinkled over the top of the gingerbread in the pans before baking.

Doughnuts.

Sift one quart of sifted flour with one teaspoon of salt, three teaspoons of baking powder, one-half teaspoon of mixed spice, and one cup of sugar. Mix with one beaten egg and one cup of milk. Or use one-half teaspoon of soda and one cup of sour milk in place of sweet milk, sifting the soda with the other dry materials.

For richer doughnuts add another egg and one tablespoon of thick cream or melted butter.

Cheese.

Every bit of dry cheese should be saved and chopped or grated to add to cereals, omelets, soufflés, etc., recipes for which will be found elsewhere.

A bottle of Parmesan cheese is a valuable addition to any store closet.

Cheese Crackers.

Use saltines or common crackers split. Spread with butter and brown in the oven, then put as much grated cheese on each cracker as it will hold, and again put in the oven until the cheese is melted.

Serve with salad or coffee.

Cheese Toast.

Make French toast in the usual way, dipping bread in egg and milk and browning in hot fat. Then put in a pan, cover each slice with cheese seasoned with salt and pepper, and toast under the gas flame till the cheese is melted and begins to crisp.

Cheese Sandwiches.

Put soft, rich cheese through a potato ricer, or chop it fine; for each cupful use one egg yolk and two tablespoons of milk. Mix thoroughly, and season to suit the taste. Spread between thin slices of bread, pressing them well together, then cut in strips. Beat the white of the egg with one-half cup of milk, dip the sandwiches in this, drain them, and sauté in butter.

Cheese Sticks.

Sift together one cup of flour, one teaspoon of

baking powder, one-half teaspoon of salt, and a speck of cayenne. Rub in one ounce of butter, and mix into a dough with one egg yolk and one-third cup of milk. Last, mix in two ounces of cheese, grated or chopped fine. Divide in ten or twelve portions, and shape in sticks a foot long. Bake brown.

These are suitable to serve with soups or salads.

Cheese Puffs.

Use the cream puff mixture, adding one-half cup of grated cheese. Bake in small shapes, or fry in deep fat.

Cheese Cream Toast.

Make one cup of white sauce and in it melt one cup or more of grated cheese. Season with salt and paprika, and pour over pieces of toasted bread, brown or white.

Cheese Straws.

Fold any scraps of pastry dough together and roll out thin, sprinkle with grated cheese and salt and pepper; fold and roll again. Cut in half-inch strips, and bake until crisp and brown.

Welsh Rabbit. (Chafing-Dish.)

Have ready one tablespoon of butter creamed with one teaspoon of corn-starch, one-fourth teaspoon of salt, and a few grains of cayenne, also one-half pound of cheese grated or crumbled fine, one-half teaspoon of mushroom ketchup, and some wafers, or squares of delicate toast. Heat one-half cup of cream in the blazer, and blend with it the butter mixture. When thick set it over the hot water, add the cheese and ketchup, stir till melted, then pour it over the wafers.

Welsh Rabbit.

In the upper part of a double boiler melt one ounce of butter, then put in one-half pound of rich cheese cut fine. Beat two egg yolks, add one-half teaspoon of salt, one saltspoon of paprika, and one-half cup of milk. As the cheese melts add the other mixture gradually. Stir till smooth and slightly thickened, and serve at once. If the cheese seems dry mix a portion of the milk with it at the beginning.

Cheese Fondu.

Mix one cup each of milk, bread-crumbs, and chopped or grated cheese in a double boiler. When the cheese is melted add one beaten egg, and season with salt, pepper, and mustard. If the cheese is not rich put in one teaspoon of butter. Serve when thickened. More egg or less cheese can be used if preferred.

Rice or other cooked cereals may take the place of the bread.

Another way to prepare this dish is to put bread and cheese in layers in a buttered pudding dish, mix the egg with milk and seasoning, pour over, then bake until firm.

Cheese Canapes.

Allow the beaten white of one egg to each cup of finely crumbled or grated cheese, a speck of salt and cayenne. Remove the crust from inch-thick slices of bread, hollow out center, making a box, fill with the cheese mixture heaped, bake about ten minutes and serve on napkin.

Fresh Cheese Curds.

Warm one quart of milk and stir into it one junket tablet dissolved in a little water. Stir occasionally to break the curd and separate the whey. Put a piece of cheese-cloth over a strainer and drain the curd in it. Add salt to the curd and press thoroughly.

Those who do not like sour milk cheese often like these sweet curds.

Nuts.

Salted Almonds.

Shell the nuts and blanch by covering for a moment with boiling water, then put in cold water and rub off the skins. To a pint of nuts add two tablespoons of olive oil or melted butter, let them stand for an hour or two, stirring occasionally. Then sprinkle with two tablespoons of salt, and put in a moderate oven and bake till all are a delicate brown, fifteen or twenty minutes, stirring often.

Or the nuts may be fried thus:

In a saucepan or the chafing-dish put three-fourths of a cup of oil, and when this is hot put in the nuts, a few at a time. Stir until they become a delicate brown, then drain on paper. The nuts are cooked more evenly and become more brittle than when done in the oven.

Peanuts and pecans may be prepared in this way.

Roasted Chestnuts.

Cut a slit in the shell of each chestnut, put them in a perforated pan, or a popcorn popper, over an open fire. Shake them while cooking. They are done when they burst and will peel easily. Serve hot.

Lyonnaise Chestnuts.

Parboil, shell, skin, and cut in slices one pound of chestnuts. Chop a small onion and fry in two ounces of butter; when yellow put in the chestnuts seasoned with salt and pepper; stir till heated through and the butter is absorbed. Sprinkle with chopped parsley, and serve hot with meats.

Beverages.

Cocoa Shells and Nibs.

The shells and cracked cocoa may be used together or separately, and are prepared in much the same way. They may be soaked previously, but in either case require long cooking with six or eight times their bulk of water. Then strain and serve with milk and sugar.

Cocoa.

Mix two tablespoons each of sugar and cocoa with a few grains of salt and a very little boiling water, add one pint of boiling water, and boil for two minutes; then combine with an equal quantity of boiling hot milk.

Chocolate.

Use from one to two ounces of chocolate for one quart. Melt the chocolate, and proceed as for cocoa.

Tea.

There are many grades of tea, the prices differing much more than with different grades of coffee; but the same general directions for making tea apply to all.

An earthen teapot or the silver tea ball in the cup are the best utensils. Fresh boiling water is essential. The process must be rapid; flavor is lost by long steeping, and boiling brings out undesirable flavors and injurious substances.

Left-over tea, if drained immediately from the leaves, may be served a second time as iced tea.

The usual proportion is one teaspoon of tea to each cup of boiling water.

Sometimes the tea is rinsed off with boiling water before it is put in the teapot.

The teapot is first scalded, the tea put in, the boiling water added, the pot covered with a "cozy," or left on the back of the stove for five minutes or less, until the leaves have absorbed water enough to settle to the bottom of the pot.

Russian Tea.

Make tea in the usual way. Put two cubes of sugar and one slice of lemon into cups. Pour on the tea and serve. Never let the tea leaves remain in the tea.

If desired cold, make the tea stronger, pour it from the grounds as soon as steeped into glasses half full of cracked ice.

Coffee.

Good coffee cannot be made from an inferior grade of the coffee berry, or from any which has been ground and exposed to the air, since it loses aroma rapidly.

Few housekeepers now have coffee roasted or even ground at home.

When only one or two members of a family drink coffee it should be bought in pound or half pound lots, and be put at once into jars with close covers. The finer the coffee is ground the greater the amount of flavor extracted, but powdered coffee requires a special filtering attachment to the coffee pot.

When egg is used to settle coffee the beverage is less strong from the same quantity, but there is an added richness.

An earthen or agate ware coffee pot is preferable to a tin one, and any pot requires great care to keep it perfectly clean.

To retain all possible flavor a cork or soft paper should be put in the spout of the coffee pot while it is on the stove.

A minute quantity of salt, one saltspoon or less to one cup of dry coffee, brings out the flavor somewhat.

Filtered Coffee.

Put one-half cup of fine coffee in the strainer of a French coffee pot on the back of the stove. Gradually pour in one quart of boiling water, half a cup at a time, keeping the pot covered between times. The coffee may be poured through a second time if desired. Less water may be used when hot milk is to be served with the coffee. Remove the strainer before taking the pot to the table.

After Dinner Coffee.

Filtered coffee is preferred for this purpose. It is made doubly strong, using one-fourth cup of coffee to each cup of water.

Coffee without Egg.

Allow one heaping tablespoon of coffee for each cup. Scald the coffee pot. Pour the boiling water on the coffee and boil five minutes. Set it back where it will keep hot, but not boil. Add a little cold water; pour out a little and pour back again, to clear the spout.

Or the coffee and cold water may be put together in the pot over night and brought to the boiling point in the morning.

Coffee with Egg.

Mix one cup of ground coffee with one egg slightly beaten, add one cup of cold water, and put in an agate

coffee pot with three pints of boiling water. Boil five minutes or less, pour off some to clear the spout, pour back, and add one-half cup of cold water to finish clearing. Let it stand five minutes before serving, then strain from the grounds into another pot for the table.

Coffee for Fairs and Sociables.

On account of the difficulty in straining a large quantity, the ground coffee is usually placed in bags, not more than a pound in each, and put into the boiler with cold water.

Then it is covered closely, heated slowly, and allowed to boil about ten minutes. It should then be kept hot, but not boiling, and be dipped out into hot pitchers as desired. By allowing one-half ounce, or one rounded tablespoon, for each half-pint cup of water, and one cup for each person, one can easily compute the amount required for any number of people. At this rate, one pound of coffee, or thirty-two half ounces, would make thirty-two half-pint cups, or eight quarts, and would be sufficient for about thirty persons. One pound of ground coffee will be about one quart in measure.

This proportion makes coffee of medium strength, but much depends upon the kind of coffee used. Usually it is safer to make it quite strong, as in the haste and confusion incident to such gatherings it is easier to dilute it than to remedy it if too weak.

Left-Over Coffee.

With the most careful calculation often there is some coffee left over, not enough perhaps for another

serving as a beverage, but there are many ways in which it may be utilized. Do not leave it in the pot with the grounds, but pour it off, or strain it carefully, and if to be used again hot let it just come to the boiling point. This will be much nicer than to reheat it with the grounds. It may be used to dilute the egg for the next morning's coffee, or as a flavoring in custards and creams and ices, or as the liquid in place of or with milk in gingerbread, cookies, cakes, etc., or when there is sufficient quantity it can be made into jelly.

Corn Coffee.

Choose well-matured ears of yellow corn, shell, wash, and steam or boil for two hours in as little water as possible, drain in colander, then put it in large dripping pans, and dry in a slow oven, stirring it occasionally; when dry put it away in a bag until it is desired for use, then put one or two pounds in a pan and brown in the oven, stirring it every two minutes until it is the color of browned coffee. Do not burn any, as one or two grains which are burned will spoil the entire lot. After it is cool put away in tin or glass vessels. Grind as used. Take a heaping tablespoon of the ground corn for each cup of cold water used. Let it boil for a minute, set where it will keep hot, and steep for fifteen minutes. Serve with good rich cream.

Fruit Punch.

Make a sirup of one quart of water and one pound of sugar, and mix with one can of best grated pineapple and one pint of fruit juice (oranges and lemons or currants). Add water and ice to make one gallon,

and more sugar if required. When a fine quality of pineapple is used the drink need not be strained.

Bits of candied cherries and banana may be added.

The juice and pulp of almost any fruit or combination of fruits may be the basis of an acceptable cold drink for hot weather.

Fruits like the banana and peach should be combined with lemons or other fruits having acid juices. When fresh fruits are not abundant bottled grape juice, canned grated pineapple, currant jelly, stewed raisins, the water in which dried apricots have soaked, the sirup from preserved fruits, the acidulated gelatins, etc., may be useful. Cold tea is also helpful in extending such drinks. A few cloves, or bits of cinnamon bark, and a little salt are sometimes used to give more flavor. Where there is a lack of lemons a little cream of tartar may be added, but nothing can take the place of fresh lemons. A very little gelatin gives smoothness, and pink gelatin is sometimes helpful when more color is desirable.

The most satisfactory means of sweetening such beverages is a sirup made by boiling together for ten minutes or more one pound of sugar and one quart of water. This sirup may be made in large quantities and kept bottled ready for use.

How a Course Dinner May Be Served without a Maid.

To give a course dinner without extra help is something that many housekeepers who keep no servant hestitate to attempt. This detailed description is given place here as one of the most practical helps that can be given to the average housekeeper. The dinner described was given by a lady, assisted only by a friend who shared her home.

The menu decided on was:

Consomme.
Broiled Steak with Fried Bananas.
Creamed Spinach. Mashed Potato.
Lettuce and Cucumber Salad.
Walnut Caramel Cake. Macaroons.
Fancy Cakes.
Coffee Mousse. Cheese.
Wafers and Coffee.

The cake was bought at a Woman's Exchange, the soup was the best quality of canned consommé, and the mousse was ordered from a well-known caterer, as were also the delicate Vienna rolls. The spinach was boiled, rinsed, and drained early in the day, that there might be no lingering odor of it in the apartment. The lettuce was washed, drained, and wrapped in a wet napkin and laid on ice, with the cucumber and the cream for the salad, that they might be thoroughly chilled. The cans of consommé were opened, turned out into a large pan, ready for heating to the boiling point at the last moment, thus having a chance to be-

come well aerated before serving. This left only the cooking of the potatoes, steak, and bananas, and the heating of the spinach and consommé to be done on the gas range during the half hour before dinner was served.

Early in the day, after the house was put in order, the table was made ready, and then the room was closed until night.

No natural flowers were used, as those on the embroidered centerpiece were fine imitations, but on the reflector in the center stood a small dish of ferns, low and broad. At intervals about the center were cut glass and fancy china dishes of pimolas, salted almonds, and pecans, and pink and green confections, with little fancy Venetian salt dishes conveniently near the plates. A china tray was laid at one end and filled with rolls. Seven covers were laid, consisting of dinner plate, a bread and butter plate, with butter spreader near the left upper corner, and a tumbler at the upper right. Next to the plate on the right lay a knife with the sharp edge turned toward the plate, and a soup spoon (not a tablespoon) with the bowl up, and on the left were two forks with tines up.

Beyond the forks lay the napkin, and above the plate the spoon for the ice-cream. In front of the hostess's plate was the ladle for the soup. On a small serving table near the door, the plates for the ice-cream and the salad were arranged at one end, leaving room near the front for the water pitcher, the bowl for salad dressing, and the hot plates. On the shelf were laid the plates for the cheese course, holding a finger-bowl half filled with warm water and resting on a netted and embroidered doily, and a small

tea knife for the cheese. A covered cheese dish stood near by with cheese knife, then the ice-cream cleaver, salad fork and spoon, serving spoons for the vegetables, with small carving knife and fork, arranged in the order in which they would be needed. On a stand near the hostess's chair were the cups and spoons, sugar and cream, with tongs, ladle, etc., for the after-dinner coffee. The silver coffee pot and tureen, the platters for steak, ice-cream, and salad, the vegetable dishes and soup plates were laid out in order on the kitchen table ready for heating as needed.

A half-pound print of butter was divided into inch cubes and laid in the ice chest, for to some tastes the working over of the butter into fancy shapes, balls, etc., destroys much of its flavor, besides taking a deal of time. Nearly a pint of thick cream was whipped stiff; four tablespoons of lemon juice and four of grated horseradish, a teaspoon of salt, and several shakes of paprika were stirred in, and the mixture placed in the refrigerator, and then the salad dressing was ready. Just before the guests arrived the cake was arranged — the fancy cakes in a shallow fancy dish and the loaf cake on a cake plate with a knife for serving near by; the rolls were put on the table, one on each small plate, and the tray filled. The ice was broken and the glasses half filled with it, and the remainder put in a large pitcher, filled with water. The potatoes were pared and put on to boil, the soup pan drawn forward where it would boil quickly, the spinach put into a pan with butter and other seasoning and set back where it would only warm, two large spiders made ready for the bananas, and the tureen and soup plates filled with hot water. The guests

came just on time. After wraps were removed and greetings exchanged, and they were all in the parlor, the hostess begged to be excused, leaving her friend to entertain the others, and in less time than it takes to tell it, the butter was on the plates, the glasses filled, the tureen emptied and wiped, and the soup plates wiped and on the table. During a flying trip to the kitchen while the guests were removing their wraps the broiling oven had been heated and the bananas put into the hot butter in the spider. They were now ready to be turned over, and then the flame was reduced; and also under the potatoes and spinach. The steak was put into the broiling oven at the last moment, and the flame properly adjusted. The steak, by the way, was two inches thick, but could be perfectly broiled under the gas flame.

Dinner was announced, partners arranged, and when all were seated and the cover lifted, the soup was piping hot and served directly to those nearest the hostess on either side, and they in turn passed to those beyond them. When this course was finished, the hostess, having started a conversation which she knew would engage the attention of the guests, quietly rose, and as she left the table took the tureen to the kitchen. A moment later her friend at the opposite end of the table rose and removed her plate and that of the guest nearest her, taking two at a time to the kitchen, and in like manner removed the others, taking the under plate with the soup plate. This was purposely done in a quiet, leisurely manner, engaging in the conversation meanwhile. The steak was turned the instant the hostess entered the kitchen, the water drained from the potatoes, cream, butter, salt, and

pepper added, the pan returned to the fire; then the spinach was drawn forward for a final heating, tasted and seasoned, the platter wiped from its hot bath and quickly filled with the steak, which was spread with butter and salt, and garnished and partly covered with the bananas, which were also slightly salted. A few sprigs of parsley were laid on the ends, and that dish was ready. A few quick strokes with a masher and the potatoes were turned steaming hot, white and creamy, into their hot dish, and the spinach into a similar receptacle. By this time all the soup plates had been brought out; and while the friend was taking in these hot dishes for this course, the soup spoons were quickly removed to a pitcher of hot water which was ready for them on the sink shelf, and the soup plates piled in order, and the dinner plates dipped for a moment into a pan of hot water. Fresh water was put on to boil for the coffee, and then the hostess took the dinner plates, went to the table, and proceeded to serve this course, which was hot and fresh and much better than if it had all been prepared beforehand and kept hot during the soup course.

In the same manner this course, when finished, was removed, and by this time everything was so informal that one of the gentlemen insisted upon replenishing the ice water, and otherwise assisting the young lady, thereby giving the hostess ample time to arrange the lettuce around the edge of the platter, cut the cucumber, which had been pared and quartered previously, into thin slices, dress it with salt, paprika, oil, and lemon, and turn it into the center, cover it with the whipped cream, putting the remainder into a fancy bowl. Then the boiling water was turned into the

filter coffee pot and left on the edge of the range, the silver was removed from the plates into pitchers or pans of hot water, according to its size, the scraps on the plates were scraped off into the proper receptacle, the dishes piled in order, and by the time the friend was ready to take in the salad, the hostess with clean hands was ready to follow and serve it.

After this course there was more for the friend to do, for butter plates and bread tray were removed, and the cake laid on, and this gave time for the dishing of the mousse, the second filtering of the coffee, and the same disposal of the soiled dishes. When cakes and cream had been disposed of, these dishes were removed, while the final heating of the coffee and turning it into the hot pot for serving were being done in the kitchen. The plates with finger-bowls were laid on the table, the guests removing the bowl with the doily and placing them at the left; then, while the hostess was filling the cups which had been removed from the little table and placed in front of her, the friend passed the cheese and wafers; Roquefort and English Cheddar were served. Pimolas had nearly disappeared during the first courses, but almonds and confections were nibbled and coffee sipped, and after nearly two hours of fun and feasting, the company adjourned to the parlor. While they were getting settled into cozy corners and studying pictures, the hostess slipped back to the table, took care of the food, put the silver together, and closed the dining room and kitchen. After the last guest said good night, the two pairs of hands made quick work with the silver and the orderly piles of dishes, leaving the glasses until morning.

Menus for Every Day Life.

New Year's Dinner.

CELERY BLUE POINTS OLIVES
BREAD STICKS CONSOMME SALTED ALMONDS
FRIED SCALLOPS, SAUCE TARTARE
POTATO PUFF ROAST DUCK PLUM JELLY
CHESTNUT SALAD
STEAMED PLUM PUDDING, FRUIT SAUCE
FRUIT NUTS COFFEE

SUNDAY. Breakfast.

WHEATENA ORANGES MILK
BROILED HAM BAKED POTATOES
GRIDDLE CAKES COFFEE

Luncheon or Supper.

PEANUT SANDWICHES
COOKIES CANNED PEARS COCOA

Dinner.

TOMATO SOUP
ROAST BEEF YORKSHIRE PUDDING
CRANBERRY SAUCE ONIONS POTATOES
WAFERS LETTUCE SALAD CHEESE
APPLES MINCE PIE COFFEE WALNUTS

MONDAY. Breakfast.

BANANAS BAKED OR SAUTED
SCRAMBLED EGGS WITH BACON TOAST LYONNAISE POTATOES
COFFEE

Luncheon or Supper.

BAKED POTATOES SALMI OF DUCK COLD SLAW
BREAD TEA ORANGES

Dinner.

POTATO AND CELERY SOUP
ROAST BEEF (second roasting or served cold)
BAKED SWEET POTATOES STEAMED SQUASH
APRICOT SHORT CAKE

TUESDAY.

Breakfast.

BARLEY CRYSTALS CREAM
PICKED UP CODFISH BAKED POTATOES
WHOLE WHEAT MUFFINS BAKED APPLES COFFEE

Luncheon or Supper.

BAKED BEEF STEW (ROAST BEEF WITH TOMATO)
BREAD STEWED PRUNES WAFERS

Dinner.

SPLIT PEA SOUP
BAKED FISH MASHED POTATOES
STEWED TOMATOES CABBAGE SALAD
WHOLE WHEAT PUDDING CREAMY SAUCE GRAPES

WEDNESDAY.

Breakfast.

BOILED RICE AND MILK
SAUSAGE FRIED APPLES POTATO CAKES
RYE MUFFINS COFFEE

Luncheon or Supper.

BAKED MACARONI WITH CHEESE
ROLLS STEWED FIGS SPONGE DROPS
COCOA

Dinner.

STEAMED FOWL WITH DUMPLINGS
CREAMED CELERY POTATO MARBLES BANANA SALAD
WAFERS NUTS COFFEE

THURSDAY.

Breakfast.

LIVER AND BACON BROWNED POTATOES
RICE GEMS ORANGES COFFEE

Luncheon or Supper.

MINCED CHICKEN ON TOAST
CHEESE APPLE PIE

Dinner.

MOCKED TURTLE SOUP (CANNED)
CREAMED OYSTERS (CHAFING-DISH) WAFERS
THIN BREAD AND BUTTER POTATO SALAD
COFFEE CREAM LADY FINGERS
ORANGES NUTS RAISINS

FRIDAY.

Breakfast.

WHEATLET CREAM BAKED APPLES
SALT FISH BALLS
CORN CAKE COFFEE

Luncheon or Supper.

BISQUE OF OYSTERS
COFFEE ROLLS BANANA FRITTERS
BAKED INDIAN PUDDING COCOA

Dinner.

STEAMED HALIBUT, SHRIMP SAUCE
POTATO CROQUETTES SPINACH
APPLE, CELERY, AND NUT SALAD
PEACH TAPIOCA PUDDING

SATURDAY.

Breakfast.

BROILED HAM LYONNAISE POTATOES
RYE MUFFINS STEWED RAISINS COFFEE

Luncheon or Supper.

ROAST PORK (WARMED OVER)
TOASTED MUFFINS BAKED APPLES

Dinner.

BROILED STEAK
POTATO PUFF STEWED CELERY
CABBAGE SALAD
APPLE TAPIOCA PUDDING

One Day's Meals for a Child.

Breakfast.

MILK TOAST APPLE JELLY
GINGER COOKIES

Dinner.

CREAM OF CHICKEN SOUP
MACARONI WITH TOMATO SAUCE APPLE TAPIOCA PUDDING

Supper.

DRY TOAST
STEWED FIGS COCOA

MONDAY.

Breakfast.

ORANGES
FISH BALLS BROWN BREAD TOAST
COFFEE DOUGHNUTS

Luncheon or Supper.

BAKED BEANS CABBAGE SALAD QUICK BISCUIT
APPLE SAUCE

Dinner.

CREAM OF ONIONS
ROAST DUCK, POTATO STUFFING BROWNED SWEET POTATOES
STEWED CELERY OLIVES PLUM JELLY
APPLE PIE

TUESDAY.

Breakfast.

CEREAL WITH CREAM
FRIED LIVER AND BACON BAKED POTATOES RYE MUFFINS
COFFEE

Luncheon or Supper.

CURRIED EGGS
TOASTED BISCUIT GINGERBREAD PRUNES

Dinner.

TOMATO SOUP
POTATO BALLS BAKED FISH CABBAGE AU GRATIN
WAFERS LETTUCE AND ONION SALAD CHEESE
COFFEE

WEDNESDAY.

Breakfast.

APPLE FARINA COFFEE
BAKED POTATOES SAUSAGE COFFEE ROLLS

Luncheon or Supper.

POP-OVERS SARDINES BAKED APPLES
COCOA HERMITS

Dinner.

FRICASSEE OF CHICKEN
MASHED POTATOES CANNED CORN CRANBERRY SAUCE
COTTAGE PUDDING, LEMON SAUCE

THURSDAY.

Breakfast.

COFFEE

POTATO CAKES — BROILED STEAK

GRAHAM MUFFINS — STEWED RAISINS

Luncheon or Supper.

CREAM TOAST — DRIED BEEF

PRESERVED STRAWBERRIES — SPONGE CAKE

Dinner.

CORN SOUP

SCALLOPED OYSTERS — ROLLS — CHICKEN SALAD

APPLE MERINGUE

FRIDAY.

Breakfast.

CRACKED WHEAT — ORANGES — OMELET

DRY TOAST — COFFEE

BUCKWHEAT CAKES

Luncheon or Supper.

CHICKEN TIMBALES

QUICK BISCUIT — SLICED ORANGES — COOKIES

Dinner.

STEWED FISH

BOILED POTATOES — TOMATO JELLY SALAD — BOILED ONIONS

BAKED INDIAN PUDDING

SATURDAY.

Breakfast.

COFFEE

FRIED MUSH — STEAK HASH — BACON

STEWED PRUNES

Luncheon or Supper.

CORN FRITTERS

STEAMED RICE WITH CHEESE — BAKED APPLES

Dinner.

SCOTCH BROTH

SCALLOPED FISH — SALAD OF MIXED VEGETABLES

MINCE PIE

SUNDAY.

Breakfast.

BAKED BEANS COFFEE BROWN BREAD
FRUIT

Luncheon or Supper.

POTATO SALAD
BREAD AND BUTTER TEA HERMITS

Dinner.

CREAM OF PEAS
TURNIPS ROAST LEG OF MUTTON BROWNED POTATOES
CURRANT JELLY
CHEESE LETTUCE SALAD WAFERS
BANANAS IN JELLY
NUTS COFFEE RAISINS

Valentine Luncheon.

MOCK BISQUE SOUP (LOVE APPLES)
FISH A LA CREME PIMOLAS
FILLET OF BEEF BEARNAISE SAUCE
BRUSSELS SPROUTS GREEN GRAPE JELLY
ORANGE SHERBET
LETTUCE CHEESE WAFERS
PRUNE WHIP LADY-FINGERS
SALTED ALMONDS BLACK COFFEE BONBONS

Supper for Washington's Birthday.

ESCALLOPED OYSTERS
RAISED BISCUIT CORN BREAD
RED CABBAGE SALAD
WASHINGTON PIE CHERRY ICE

MONDAY.

Breakfast.

BARLEY CRYSTALS MILK

WARMED-OVER FISH HOE CAKES

BUTTERED EGGS COFFEE

Luncheon or Supper.

CANNED MULLIGATAWNY SOUP

BREAD STICKS HOT CRANBERRY SAUCE AND DUMPLINGS

Dinner.

POTATO SOUP CROUTONS

FRICASSEE OF OYSTERS ON SHORT CAKES

BANANA SALAD MAYONNAISE

CUSTARD SOUFFLE CREAMY SAUCE

TUESDAY.

Breakfast.

SHREDDED WHEAT BISCUIT

STEAMED DATES

BAKED POTATOES COFFEE CREAMED CODFISH

Luncheon or Supper.

TOAST SALMON SALAD COCOA SHELLS

ORANGES COOKIES

Dinner.

SPLIT PEA SOUP

SQUASH ROAST PORK MASHED POTATOES

CELERY SALAD

DUTCH APPLE CAKE

WEDNESDAY.

Breakfast.

CORN MEAL MUSH

BAKED APPLES STUFFED WITH SAUSAGE

RYE MUFFINS COFFEE FRIED POTATOES

Luncheon or Supper.

FRIED OYSTERS ROLLS PICKLES

COFFEE SPICE CAKES

Dinner.

BROILED HADDOCK OLIVES

POTATO PUFF NUT AND WATERCRESS SALAD LIMA BEANS

SPONGE CAKE PEACHES (Canned)

THURSDAY.

Breakfast.

FRIED CORN-MUSH MAPLE SYRUP
BAKED POTATOES CREAMED SALMON
ORANGES DRY TOAST COFFEE

Luncheon or Supper.

EGGS POACHED IN TOMATOES
TOAST TEA GINGERBREAD

Dinner.

BROWNED POTATOES ROAST BEEF YORKSHIRE PUDDING
SPINACH
CANNED PEACHES COFFEE ROLLS

FRIDAY.

Breakfast.

PARCHED FARINOSE CREAM
STEWED SEEDLESS RAISINS
PARSLEY OMELET CORN CAKE COFFEE

Luncheon or Supper.

CREAM OF LOBSTER CROUTONS
BUNS APPLE AND NUT SALAD COCOA

Dinner.

BAKED FISH, STUFFED HOLLANDAISE SAUCE
MASHED POTATO BUTTERED PARSNIPS
BAKED RICE PUDDING

SATURDAY.

Breakfast.

OATMEAL CREAM COFFEE
SCALLOPED FISH RICE MUFFINS
ORANGES

Luncheon or Supper.

EGGS IN BASKETS
BREAD BANANAS IN POP-OVER CRUSTS CHOCOLATE

Dinner.

CLAM CHOWDER
COLD ROAST BEEF MASHED POTATO
CHEESE LETTUCE SALAD WAFERS
CABINET PUDDING

SUNDAY.

Breakfast.

GRAPE FRUIT
FISH BALLS WITH EGG GARNISH
HOT BROWN BREAD COFFEE

Luncheon or Supper.

LETTUCE SANDWICHES, WITH MAYONNAISE
CANNED STRAWBERRIES
ANGEL CAKE

Dinner.

BOUILLON
FILLETS OF FISH OYSTER SAUCE
POTATO CROQUETTES STRING BEANS
MACEDOINE SALAD
COFFEE ICE CREAM SWEET WAFERS

Late Supper on Chafing-dish.

CREAMED OYSTERS or WELSH RABBIT
WAFERS ROLLS SPONGE CAKE
CANNED PEACHES

Lenten Luncheon.

HORS D'OEUVRES IN LEMON CUPS
BAKED FILLETS OF HALIBUT CUCUMBERS
TIMBALES OF SPINACH, HOLLANDAISE SAUCE
ORANGE FRAPPE
ROLLS LOBSTER SALAD MAYONNAISE
CHERRY CHARLOTTE
ANGEL AND SUNSHINE CAKE COFFEE

MONDAY.

Breakfast.

SHREDDED WHEAT TOAST

BACON BAKED EGGS

COFFEE STEAMED DATES

Luncheon or Supper.

BAKED POTATOES LYONNAISE TRIPE SWEET PICKLE PEARS

BREAD PUDDING or CAKE

Dinner.

JULIENNE SOUP

MASHED POTATO BEEFSTEAK PARSNIPS

SNOW PUDDING

WAFERS

TUESDAY.

Breakfast.

BANANAS

BARLEY CRYSTALS GRAHAM MUFFINS COFFEE

BEEFSTEAK HASH

Luncheon or Supper.

BAKED BEAN SOUP

BROWN BREAD TOAST GINGER SNAPS STEWED SEEDLESS RAISINS

Dinner.

CREAM OF PARSNIPS

MASHED POTATOES ROAST VEAL CANNED PEAS

WATERCRESS AND RADISH SALAD

CABINET PUDDING

WEDNESDAY.

Breakfast.

ORANGES

QUAKER OATS SALT FISH HASH HOE CAKE

DOUGHNUTS COFFEE

Luncheon or Supper.

EGG SALAD

ROLLS STEWED DRIED APRICOTS COCOA

Dinner.

LENTIL SOUP

POTATO CROQUETTES BROILED SHAD BOILED ONIONS

STEAMED FIG PUDDING

THURSDAY.

Breakfast.

CEREAL COFFEE

BACON BROWN BREAD

EGGS EN COQUILLE

Luncheon or Supper.

MACARONI BAKED WITH OYSTERS

CANNED BLUEBERRY PIE COCOA

Dinner.

BEEF STEW WITH DUMPLINGS

DANDELION GREENS

WAFERS LEMON PUDDING

FRIDAY.

Breakfast.

FRIED WHEATLET MAPLE SYRUP

BROILED OYSTERS FRIED BANANAS

COFFEE TOAST

Luncheon or Supper.

CURRY OF MEAT MUSH BALLS

WARM GINGERBREAD COCOA

Dinner.

OYSTER BISQUE

RED CABBAGE STUFFED BAKED SHAD POTATOES

CREAMY RICE PUDDING

SATURDAY.

Breakfast.

COFFEE ORANGES

WHOLE WHEAT SHORT CAKES

BROILED SHAD ROE BROWNED POTATOES

Luncheon or Supper.

SCALLOPED SHAD CABBAGE SALAD

ROLLS COOKIES COCOA

Dinner.

RICE TIMBALES BOILED CHICKEN SPINACH

LETTUCE SALAD WAFERS

COTTAGE PUDDING, FRUIT SAUCE

NUTS RAISINS

SUNDAY.

Breakfast.

BAKED BEANS CHOW CHOW
HOT BROWN BREAD COFFEE
GRAPE FRUIT

Luncheon or Supper.

CHEESE AND NUT SANDWICHES
GINGER SNAPS STEWED SEEDLESS RAISINS

Dinner.

OYSTER SOUP
CREAMED CHICKEN WITH RICE CANNED PEAS
SPINACH SALAD WITH EGG GARNISH
BROWN BREAD
PRUNE PUDDING, WHIPPED CREAM
COFFEE WAFERS CHEESE

Easter Luncheon.

GRAPE FRUIT
LOBSTER EN COQUILLE
CREAMED ASPARAGUS IN CRUSTS
BROILED SHAD WITH POTATO MATCHES
EDAM CHEESE LETTUCE SALAD WAFERS
LEMON GINGER SHERBET
WHITE CAKE COFFEE ALMONDS

MONDAY.

Breakfast.

COFFEE BROWN BREAD, STEAMED WITH HOT CREAM
SCRAMBLED EGGS
PRUNES

Luncheon or Supper.

RICE SURPRISE
WAFERS COCOA GINGERBREAD

Dinner.

VEAL POT PIE, WITH DUMPLINGS
BANANA AND NUT SALAD
BAKED CUSTARD

TUESDAY.

Breakfast.

OATMEAL
STEWED APRICOTS MUTTON CHOPS BAKED POTATOES
QUICK BISCUIT

Luncheon or Supper.

VEAL ON TOAST
MARBLE CAKE COCOA

Dinner.

PARSNIP PUREE
DANDELION GREENS ROAST BEEF POTATOES
BANANAS AND SLICED ORANGES

WEDNESDAY.

Breakfast.

ORANGES
COFFEE FRIED CEREAL BOILED EGGS BACON
TOAST

Luncheon or Supper.

FRENCH TOAST WITH APRICOT SAUCE
COTTAGE CHEESE
SAND TARTS

Dinner.

ONION SOUP
ROAST BEEF (Second Heating)
MASHED POTATOES BROWNED PARSNIPS
SAGO PUDDING

THURSDAY.

Breakfast.

COFFEE ORANGES FARINA
ASPARAGUS ON TOAST
OMELET

Luncheon or Supper.

BEEF STEW FROM ROAST
BUNS STEWED PRUNES

Dinner.

BOUILLON
CREAMED LOBSTER
ROLLS OLIVES RADISHES
LETTUCE SALAD
COFFEE JELLY WITH CREAM

FRIDAY.

Breakfast.

COFFEE FISH CAKES WITH EGGS CORN CAKE
BAKED BANANAS

Luncheon or Supper.

CREAM OF TOMATO
ROLLS SPAGHETTI WITH CHEESE HERMITS

Dinner.

POTATO SOUP
BROILED SHAD
POTATO BALLS WITH PARSLEY SPINACH WITH EGG GARNISH
RHUBARB TART

SATURDAY.

Breakfast.

COFFEE BOILED RICE
ENTIRE WHEAT MUFFINS BROILED HAM FRIED POTATOES
ORANGES

Luncheon or Supper.

CREAMED ASPARAGUS
DRY TOAST BAKED RHUBARB SAUCE WAFERS

Dinner.

CORN SOUP
MUTTON CHOPS CANNED STRING BEANS
RICE CROQUETTES
LEMON PIE

SUNDAY.

Breakfast.

COFFEE CEREAL
FRENCH TOAST BACON
ORANGE MARMALADE

Luncheon or Supper.

HAM SANDWICHES SPONGE DROPS
PEACHES

Dinner.

MOCK BISQUE SOUP
BAKED HAM BROWNED PARSNIPS
MACARONI WITH CHEESE
SALAD OF LETTUCE, PEAS, AND NUTS
STRAWBERRY SHORT CAKE

May Day Luncheon (White and Gold).

GRAPE FRUIT
VEAL SOUP WITH GOLD FLAKES
CUCUMBERS FILLETS OF BASS A LA HOLLANDAISE POTATOES
ORANGE SHERBET
SWEETBREADS SAUTED A LA BECHAMEL
PEAS
BANANA SALAD MAYONNAISE
NEUFCHATEL WAFERS
VANILLA ICE-CREAM.
COFFEE
CONFECTIONS

Chafing Dish Luncheon.

CREAM OF TOMATO
OLIVES BREAD STICKS
LOBSTER A LA CREME
CUCUMBERS SHORT BISCUITS
CALF'S BRAINS A LA TARTARE
RICE FRITTERS
WAFERS LETTUCE SALAD NEUFCHATEL
STRAWBERRY CANAPES
COFFEE

MONDAY.

Breakfast.

COFFEE

FRIZZLED BEEF POP-OVERS

STEWED PRUNES

Luncheon or Supper.

BROWN BREAD TOAST STRAWBERRY SALAD

COOKIES BOILED CUSTARD TEA

Dinner.

BREADED LAMB CHOPS (Baked)

MASHED POTATOES CUCUMBERS

RHUBARB SHORTCAKE

TUESDAY.

Breakfast.

COFFEE RYE MUFFINS

FRIED BUTTERFISH FRIED POTATOES

Luncheon or Supper.

WHOLE WHEAT BREAD

HULLED CORN STEWED GOOSEBERRIES

WAFERS COCOA

Dinner.

TOMATO SOUP

VEAL PIE ASPARAGUS SALAD

LEMON MILK SHERBET

WAFERS

WEDNESDAY.

Breakfast.

BOILED RICE WITH MILK

GRAHAM GEMS CREAMED EGGS

COFFEE

Luncheon or Supper.

STRAWBERRY SHORT CAKE CUP CUSTARD

ICED TEA

Dinner.

ROAST LAMB MINT SAUCE

POTATOES SPINACH

LETTUCE SALAD

WAFERS CHERRIES

THURSDAY.

Breakfast.

COFFEE STRAWBERRIES

POTATO CAKES BROILED MACKEREL SCALDED CORN CAKES

Luncheon or Supper.

TEA TURKISH PILAU TOAST

BAKED RHUBARB SAUCE COOKIES

Dinner.

CHERRY SOUP COLD BOILED TONGUE

ASPARAGUS ON TOAST

LETTUCE AND CHEESE SANDWICHES

WAFERS COFFEE

FRIDAY.

Breakfast.

SHREDDED WHEAT

BREAD BACON, WITH CALF'S LIVER COFFEE

CHERRIES

Luncheon or Supper.

CREAM TOAST SPONGE CAKE APPLE JELLY

CHOCOLATE BLANC-MANGE

Dinner.

BOILED SALMON

POTATOES CUCUMBERS PEAS

STRAWBERRY ICE CREAM SPONGE CAKE

SATURDAY.

Breakfast.

WHEATLET WITH DATES

BISCUIT CREAMED SALMON COFFEE

STEWED GOOSEBERRIES

Luncheon or Supper.

POTATO SALAD NUT SANDWICHES

HARD GINGERBREAD COTTAGE CHEESE

Dinner.

POTATOES ROAST VEAL GREENS

SCALLION SALAD

BANANAS WITH CHERRY SAUCE WAFERS

SUNDAY.

Breakfast.

ORANGES
VEAL KIDNEYS SAUTED
BROWN BREAD COFFEE

Luncheon or Supper.

COLD VEAL
ROLLED SANDWICHES STRAWBERRY CAKE

Dinner.

CREAM OF ASPARAGUS, CROUTONS
LOBSTER SALAD BROWN BREAD BARS
DEEP CHERRY PIE
COFFEE
SALTED PECANS PIM-OLAS

Chafing-dish Luncheon.

GRAPE FRUIT
CREAMED LOBSTER ROLLS
OLIVES SALTED ALMONDS RADISHES
SWEETBREADS BREADED PEAS
CUCUMBER AND TOMATO SALAD
STRAWBERRY MOUSSE
SPONGE DROPS MACAROONS
COFFEE

A Wedding Breakfast.

BOUILLON
COLD SALMON, SAUCE TARTARE
TIMBALES OF SWEETBREADS AND MUSHROOMS
CHAUDFROID OF CHICKEN
FRUIT SHERBET HARLEQUIN CREAM
CAKES COFFEE

MONDAY.

Breakfast.

BAKED BANANAS

OMELET RICE GRIDDLE CAKES COFFEE

Luncheon or Supper.

LETTUCE SANDWICHES

RASPBERRIES CAKE

Dinner.

CREAM OF PEAS

RADISHES SALMON CROQUETTES SALTED ALMONDS

POTATO PUFF STEWED CUCUMBERS

STRAWBERRY ICE CREAM

TUESDAY.

Breakfast.

COFFEE

BROILED LIVER WITH BACON WHOLE WHEAT GEMS

CHERRIES

Luncheon or Supper.

COLD HAM

POP-OVERS MILK SHERBET WAFERS

Dinner.

TOMATO SOUP

BROILED MACKEREL POTATOES

LETTUCE AND CUCUMBER SALAD

HUCKLEBERRY PIE

WEDNESDAY.

Breakfast.

COFFEE

BAKING POWDER BISCUIT CREAMED EGGS

STEWED GOOSEBERRIES

Luncheon or Supper.

SALMON SALAD

RASPBERRY SHORTCAKE COTTAGE CHEESE

Dinner.

BROILED STEAK

POTATOES LETTUCE SALAD SUMMER SQUASH

BANANAS WITH MASHED CURRANTS

THURSDAY.

Breakfast.

COFFEE

BARLEY CRYSTALS — PAN FISH, FRIED — POTATO CAKES

TOAST

Luncheon or Supper.

MINCED MEAT ON TOAST

CURRANTS — COOKIES

Dinner.

MACARONI WITH CHEESE — VEAL CUTLETS — RADISHES

LETTUCE SALAD

APRICOT ICE CREAM, OR APRICOT CHARLOTTE

FRIDAY.

Breakfast.

COFFEE — SHREDDED WHEAT BISCUIT WITH MILK — STRAWBERRIES

OMELET

Luncheon or Supper.

CHEESE FONDU — MUFFINS

BANANA SALAD — WAFERS

Dinner.

POTATOES — BROILED BLUEFISH — BOILED BEETS

LETTUCE SALAD

BAKED CUSTARD

SATURDAY.

Breakfast.

COFFEE

BOILED RICE, MILK — PICKED-UP FISH — LYONNAISE POTATOES

TOAST

Luncheon or Supper.

CURRIED EGGS

GINGERBREAD — STEWED GOOSEBERRIES

Dinner.

LAMB STEW WITH DUMPLINGS

SALAD OF CUCUMBERS, RADISHES, SCALLIONS

WAFERS

STEAMED CHERRY PUDDING

SUNDAY.

Breakfast.

MOLDED WHEATLET WITH RASPBERRIES

COFFEE POACHED EGGS

TOAST BACON

Luncheon or Supper.

POTATO SALAD

ROLLS BLUEBERRIES COOKIES

Dinner.

ASPARAGUS SOUP

POTATOES BOILED SALMON CUCUMBERS

LAMB CHOPS PEAS

CURRANT ICE CREAM SPONGE CAKE

Fourth of July Luncheon.

SALPICON OF FRUIT IN LEMON CUPS

ROLLED FILLETS OF BASS OR FLOUNDER

FRIED POTATOES STEWED CUCUMBERS

CHERRY FRAPPE

LAMB CHOPS FRESH MUSHROOMS SAUTED

STRAWBERRY AND BANANA SALAD

FROZEN PUDDING WITH STRAWBERRY SAUCE

ANGEL CAKE COFFEE

For the Picnic Basket.

MEAT LOAF POTATO SALAD

SANDWICHES OF WHOLE WHEAT BREAD WITH CREAM CHEESE

HERMITS OATMEAL MACAROONS

COFFEE FRUIT PUNCH

MONDAY.

Breakfast.

SHREDDED WHEAT
BACON TOMATO OMELET
MUFFINS

Luncheon or Supper.

BROILED SALT CODFISH
POP-OVERS BLUEBERRIES AND MILK WAFERS
COTTAGE CHEESE

Dinner.

POTATOES FRICASSEE OF LAMB FRIED SUMMER SQUASH
LETTUCE, ONION, AND CUCUMBER SALAD
BLUEBERRY PUDDING

TUESDAY.

Breakfast.

BROILED BLUEFISH LYONNAISE POTATOES
GRAHAM GEMS COFFEE CURRANTS

Luncheon or Supper.

MINCED LAMB ON TOAST GREEN PEAS
TOAST ICED TEA COOKIES

Dinner.

POTATOES BRAISED BEEF BUTTERED BEETS
TOMATO SALAD PEACH SHORTCAKE

WEDNESDAY.

Breakfast.

MELON
BISCUIT WARMED-OVER BEEF COFFEE

Luncheon or Supper.

LOBSTER SALAD
ROLLS WAFERS CURRANTS

Dinner.

TOMATO SOUP
POTATOES FRIED SWORDFISH CUCUMBERS
BLUEBERRY CHARLOTTE

THURSDAY.

Breakfast.

RICE AND MILK

TOAST POACHED EGGS COFFEE

Luncheon or Supper.

COLD BEEF POTATO SALAD

BREAD TEA

Dinner.

GREEN PEA SOUP

BOILED TONGUE SCALLOPED TOMATOES

POTATOES STRING BEANS

WATERMELON

FRIDAY.

Breakfast.

BROILED MACKEREL FRIED POTATOES

ROLLS COFFEE BERRIES

Luncheon or Supper.

CORN FRITTERS SLICED TOMATOES

GINGERBREAD ICED TEA

Dinner.

CLAM CHOWDER

CUCUMBERS COLD TONGUE BAKED POTATOES

BLUEBERRY PIE CHEESE

SATURDAY.

Breakfast.

CANTELOPE

WHOLE WHEAT MUFFINS CLAM FRITTERS COFFEE

Luncheon or Supper.

RICE GEMS HERRING CORN ON THE COB

TOMATO SALAD

Dinner.

SUCCOTASH BROILED LAMB CHOPS POTATOES

MACEDOINE SALAD

SLICED PEACHES ROLLS

SUNDAY.

Breakfast.

CEREAL

OMELET BLUEBERRY MUFFINS BACON

COFFEE

Luncheon or Supper.

PEANUT SANDWICHES

SPONGE DROPS PLUMS

Dinner.

SWEET CORN SOUP

ROAST LOIN OF LAMB

POTATOES CORN STUFFED TOMATOES

WATERMELON SALAD

PEACH SHERBET WAFERS COFFEE

An August Luncheon.

LITTLE NECK CLAMS

CUCUMBERS BROILED SALMON NEW POTATOES

PINEAPPLE PUNCH

VEAL CUTLETS SPINACH WITH EGG

TOMATO SALAD

FRUIT ICE CREAM WAFERS

WHITE CAKE

COFFEE

Menu for Picnics.

OLIVES SCOTCH EGGS CUCUMBERS

SALMON SANDWICHES

LADY-FINGERS FRUIT CREAM CHEESE

LEMONADE COFFEE

MONDAY.

Breakfast.

BOILED RICE

OMELET COFFEE BACON

TOAST PEARS

Luncheon or Supper.

MINCED LAMB WITH POTATO CRUST

BISCUIT TEA BLACKBERRIES

Dinner.

BROILED STEAK

POTATOES STEWED TOMATOES CORN ON THE COB

WATERMELON

TUESDAY.

Breakfast.

MELON

RICE GRIDDLE CAKES HASH BROWN BREAD

COFFEE

Luncheon or Supper.

BREAD AND BUTTER CREAMED TONGUE BAKED PEARS

TEA

Dinner.

LIMA BEANS BOILED HAM (Hot) CAULIFLOWER

CUCUMBER SALAD

GREEN APPLE PIE

WEDNESDAY.

Breakfast.

SHREDDED WHEAT

COFFEE

GRAHAM BREAD FRIED PERCH FRIED POTATOES

Luncheon or Supper.

ROLLS CORN FRITTERS APPLE SAUCE

COCOA NUT CAKES

Dinner.

POTATOES PAN-BROILED CHICKEN WAX BEANS

TOMATO SALAD

COMPOTE OF PEACHES WITH RICE

THURSDAY.

Breakfast.

MELON WHEATLET

TOAST COLD HAM CORN FRITTERS

COFFEE

Luncheon or Supper.

POTATO AND BEET SALAD CHICKEN LIVERS WITH BACON

CHOCOLATE CAKE ROLLS

Dinner.

BAKED POTATOES CALF'S LIVER AND BACON BUTTERED BEETS

CREAMED ONIONS

STEAMED COFFEE CUSTARD

FRIDAY.

Breakfast.

COFFEE

CREAMED CODFISH

RYE SHORTCAKE TOAST BLACKBERRIES

Luncheon or Supper.

SCOTCH EGGS STEWED GREEN CORN

SLICED PEACHES HERMITS

Dinner.

POTATO BALLS BAKED BLUEFISH CUCUMBERS

SUMMER SQUASH

WHOLE WHEAT PUDDING—CREAM SAUCE

MELON

SATURDAY.

Breakfast.

COFFEE

BROILED TOMATOES SCALLOPED FISH BAKING POWDER BISCUIT

Luncheon or Supper.

LAMB BROTH WITH RICE

BREAD STICKS PEACH SHORTCAKE COTTAGE CHEESE

Dinner.

POTATOES BONED LEG OF LAMB, STUFFED STRING BEANS

PLUM TART (Deep, with one crust)

SUNDAY.

Breakfast.

COFFEE

STEAMED BROWN BREAD CODFISH CAKES

PICKLED PEACHES

Luncheon or Supper.

CRACKERS

BLUEBERRIES AND MILK GINGER SNAPS

Dinner.

SHELLED BEAN PUREE

LYONNAISE POTATOES COLD LAMB MARROW SQUASH

SALAD OF STRING BEANS AND CARROTS

PEACH ICE CREAM SPONGE CAKE

Children's Party.

CREAMED CHICKEN IN ROLLS OR BREAD BOXES

SWEET SANDWICHES PEACH MERINGUE FANCY CAKES

LEMONADE

An Autumn Dinner.

RAW OYSTERS

CREAM OF CORN

BROILED PARTRIDGES ON FRIED MUSH

STUFFED EGG PLANT SWEET POTATOES

TOMATO AND CELERY SALAD

MARLBORO PIE

MONDAY.

Breakfast.

COFFEE
SHREDDED WHEAT WITH CREAMED EGGS
BAKED APPLES

Luncheon or Supper.

BOILED HOMINY AND MILK CORNED BEEF SALAD
CRAB-APPLE JELLY

Dinner.

SWEET POTATOES SALISBURY STEAK STEWED TOMATOES
CREAMED CAULIFLOWER
CARAMEL CUSTARD GRAPES

TUESDAY.

Breakfast.

WHEATLET AND MILK COFFEE
BROILED HAM HASHED BROWN POTATOES
STEWED PEARS

Luncheon or Supper.

SWEET POTATO ROLLS COCOA
HARD GINGERBREAD CANNED RASPBERRIES

Dinner.

BOILED LEG OF MUTTON CAPER SAUCE
BOILED RICE MASHED TURNIPS
DEEP APPLE PIE

WEDNESDAY.

Breakfast.

RICE FRITTERS
BOILED EGGS MINCED MEAT ON TOAST
COFFEE GRAPES

Luncheon or Supper.

LAMB BROTH WAFERS
TEA MUFFINS CUP CUSTARDS

Dinner.

MOCK BISQUE SOUP
SIEVA BEANS MUTTON CURRY SWEET POTATOES
GRAPES PEARS

THURSDAY.

Breakfast.

WHOLE WHEAT MUFFINS FISH BALLS COFFEE
PEARS

Luncheon or Supper.

SCALLOPED OYSTERS
BREAD PICKLES SPONGE CAKE

Dinner.

MASHED POTATOES PAN-BROILED CHICKEN SQUASH
CAULIFLOWER SALAD
APPLE TAPIOCA

FRIDAY.

Breakfast.

GRAPES
SMOKED HALIBUT BAKED POTATOES
RYE MUFFINS COFFEE

Luncheon or Supper.

SWEET CORN OYSTERS
WHOLE WHEAT BREAD HERMITS BAKED PEARS

Dinner.

CREAM OF CLAMS
POTATO BALLS HADDOCK A LA RABBIT CREAMED CARROTS
COLD SLAW
STEAMED APPLE PUDDING

SATURDAY.

Breakfast.

COFFEE
OATMEAL AND MILK EGGS BAKED ON TOAST
BAKED QUINCES

Luncheon or Supper.

BAKED LIMA BEANS
BAKING POWDER BISCUIT SWEET PICKLED PEACHES COOKIES

Dinner.

NEW ENGLAND BOILED DINNER
CORNED BEEF POTATOES CABBAGE
TURNIPS BEETS
SQUASH PIE

SUNDAY.

Breakfast.

GRAPES

COFFEE VEGETABLE HASH BROWN BREAD

SLICED TOMATO PICKLE

Luncheon or Supper.

WAFERS WELSH RABBIT TAPIOCA CREAM

PRESERVED GINGER

Dinner.

LIMA BEAN SOUP

COLD CORNED BEEF BAKED SWEET POTATOES

CUCUMBER AND TOMATO MAYONNAISE

TAPIOCA CREAM

PEARS

Menu for Hallowe'en Party.

POTATOES BAKED IN ASHES

BROILED SALT HERRING

OATMEAL BANNOCK BAKED ON GRIDDLE

ROASTED APPLES CHARM PIE LUCKY BAG CAKE

TEA

NUTS CANDY

Chafing-dish Supper (Late)

SARDINES, TARTARE SAUCE

PIM-OLAS WAFERS

CHICKEN TIMBALES, MUSHROOM SAUCE

DEVILED ALMONDS

CONFECTIONS

MONDAY.

Breakfast.

CEREAL, WITH STEWED RAISINS
FRIED PORK CHOPS, WITH FRIED APPLES
BROWN BREAD TOAST COFFEE

Luncheon or Supper.

BAKED BEANS POTATO SALAD
GINGER SNAPS

Dinner.

MOCK TURTLE SOUP (Canned)
CAULIFLOWER BOILED HAM MASHED POTATOES
CRANBERRY SAUCE APPLE SNOW

TUESDAY.

Breakfast.

COFFEE SPANISH OMELET CREAM TOAST
BAKED BANANAS

Luncheon or Supper.

BREAD CAULIFLOWER AU GRATIN COLD HAM
SWEET PICKLED QUINCES INDIAN PUDDING

Dinner.

CREAM OF CELERY
BEEFSTEAK WITH BEARNAISE SAUCE
POTATO CRESCENTS SCALLOPED ONIONS
TAPIOCA PUDDING APPLE JELLY

WEDNESDAY.

Breakfast.

COFFEE CEREAL
LYONNAISE POTATOES HAMBURG STEAK MUFFINS

Luncheon or Supper.

SALMON (Canned) CROQUETTES PEAS
STEWED FIGS ROLLS SPONGE CAKE

Dinner.

CREAM OF CAULIFLOWER OYSTERS EN COQUILLE
STEAMED RICE ROAST LEG OF MUTTON, STUFFED BUTTERED TURNIPS
APPLES PEARS CHEESE COFFEE

THURSDAY.

Breakfast.

ROLLS BAKED APPLES COFFEE
COLD MUTTON CREAMED POTATOES

Luncheon or Supper.

TURNIP SOUP
GRAHAM GEMS TURKISH PILAU SQUASH PIE

Dinner.

MUTTON BROTH, WITH RICE
BAKED SWEET POTATOES CREAMED HAM LIMA BEANS
STEAMED SUET PUDDING

FRIDAY.

Breakfast.

ROLLS OMELET COFFEE
BAKED PEARS

Luncheon or Supper.

FRIED SCALLOPS TARTARE OR BEARNAISE SAUCE
WHOLE WHEAT BREAD SUET PUDDING

Dinner.

FISH CHOWDER
LETTUCE SALAD SCOTCH EGGS
WAFERS COFFEE
GRAPES

SATURDAY.

Breakfast.

GRAPES
CORN CAKE ROLLED OATS CREAM
FRIED POTATOES FISH SCALLOP COFFEE

Luncheon or Supper.

MUTTON RECHAUFFE BAKED POTATOES
GINGERBREAD FRUIT

Dinner.

RAW OYSTERS
BROWN FRICASSEE OF PARTRIDGE
MASHED POTATOES SQUASH CELERY SALAD ESCALLOPED TOMATOES
PRUNE PUDDING

SUNDAY.

Breakfast.

FRIED CHICKEN, WITH CREAM GRAVY

BAKING POWDER BISCUIT COFFEE

BANANAS

Luncheon or Supper.

POP-CORN AND MILK

GINGER SNAPS

Dinner.

STEWED OYSTERS

BROWN BREAD BAKED BEANS BAKED POTATOES

BAKED INDIAN PUDDING

APPLES NUTS RAISINS

Thanksgiving Day.

Breakfast.

CEREAL WITH BAKED APPLES

FRIED CHICKEN BAKED POTATOES

RYE MUFFINS DOUGHNUTS BROWN BREAD

COFFEE

Dinner.

CREAM OF CELERY

ROAST TURKEY, CHESTNUT STUFFING GIBLET GRAVY

ESCALLOPED OYSTERS JELLIED CRANBERRIES

MASHED POTATOES SQUASH CREAMED ONIONS

CHICKEN PIE

OLIVES SALTED PECANS CELERY

GRAPE FRUIT SHERBET

MINCE PIE PUMPKIN PIE

PLUM PUDDING

FRUIT NUTS

COFFEE

Late Supper.

SANDWICHES OF COLD ROAST TURKEY

HARD GINGERBREAD COTTAGE CHEESE

SHELLBARKS POP-CORN MOLASSES CANDY

CIDER

MONDAY.

Breakfast.

COFFEE

BOILED EGGS — BOILED RICE AND MILK — BROWN BREAD

Luncheon or Supper.

CHICKEN SOUP

BREAD — STEWED FRUIT — PLAIN CAKE

Dinner.

CHICKEN PILAU

CELERY AND APPLE SALAD

FRUIT SOUFFLE

TUESDAY.

Breakfast.

COFFEE

BAKED BEANS — CORN CAKE

STEWED APPLES

Luncheon or Supper.

CEREAL WITH MILK

PEANUT SANDWICHES — HERMITS

Dinner.

ROAST BEEF

POTATOES BAKED WITH BEEF — YORKSHIRE PUDDING

STEAMED SQUASH — LETTUCE SALAD — WAFERS

APPLE TAPIOCA

WEDNESDAY.

Breakfast.

COFFEE

GRAHAM GEMS — OMELET — BACON

STEWED RAISINS

Luncheon or Supper.

CREAM TOAST

CANNED PEACHES — SPONGE CAKE

Dinner.

ROAST BEEF (Second serving)

POTATOES AU GRATIN — STEWED CELERY — BOILED ONIONS

APPLE SNOWBALLS

THURSDAY.

Breakfast.

TOAST FRIED OYSTERS COFFEE
RAISED DOUGHNUTS STEWED APPLE SAUCE

Luncheon or Supper.

HASTY PUDDING AND MILK
GINGERBREAD

Dinner.

BLACK BEAN SOUP
CABBAGE SALAD BAKED FISH MASHED POTATO
SWEET RICE CROQUETTES

FRIDAY.

Breakfast.

BAKED BANANAS
COFFEE CREAMED CODFISH FRIED MUSH

Luncheon or Supper.

BEAN SOUP
TOASTED CRACKERS COFFEE JUNKET SPONGE DROPS

Dinner.

HALIBUT BAKED WITH MILK
BOILED POTATOES CREAMED CARROTS
APPLE FRITTERS SQUASH PIE

SATURDAY.

Breakfast.

QUAKER OATS
COFFEE SPICED BEEF ROLLS

Luncheon or Supper.

BAKED BEANS
BROWN BREAD CHOW-CHOW GINGER SNAPS

Dinner.

LYONNAISE POTATOES ESCALLOPED OYSTERS
BAKING POWDER BISCUIT
MINCE PIE

SUNDAY.

Breakfast.

CREAMED HALIBUT ON SHREDDED WHEAT
COFFEE FRUIT

Luncheon or Supper.

SPICED BEEF SANDWICHES
BAKED APPLES AND CREAM

Dinner.

WHITE SOUP FROM FOWL
CHICKEN CROQUETTES
POTATO BALLS CELERY SALAD CANNED PEAS
NUTS COFFEE JELLY WITH CREAM RAISINS

Dinner Menus for Christmas-Tide.

I.

CONSOMME A LA ROYALE
HALIBUT TURBANS
POTATO PUFF ROAST GOOSE APPLE SAUCE BAKED SQUASH
PLUM PUDDING
ORANGE SHERBET WAFERS
COFFEE FRUITS

II.

CLEAR SOUP
BOILED TURKEY, OYSTER SAUCE
POTATO CROQUETTES CRANBERRY JELLY
SWEET POTATOES ROAST BEEF WITH YORKSHIRE PUDDING CREAMED ONIONS
PLUM PUDDING
SQUASH PIE MINCE PIE
FRUIT SALTED ALMONDS
COFFEE

III.

RAW OYSTERS
CREAM OF CELERY SOUP
CAULIFLOWER ROAST PIG MASHED POTATOES
APPLE SAUCE LETTUCE OR CHICORY SALAD OLIVES
CHEESE MINCE PIE CRANBERRY TART WAFERS
RAISINS NUTS SWEETMEATS
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